



## APPLIANCE of SCIENCE

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### IT'S THE RYAN & GEMMA SHOW

Hollywood hunk Ryan Reynolds and Brit chick Gemma Arterton keep crowds amused at The O2, Greenwich, at the weekend where they were showing their new film *The Voices* at Sundance London  
More pictures & reports p13 & p58

Amsterdam takes over as LCY's most popular destination

## We're going Dutch



**S**trong business links with London and its prime position in the European city break market has seen Amsterdam take over as the most popular route from City Airport. Figures recently released by the Civil Aviation Authority show the

Dutch capital has overtaken Zurich after a 22% rise in traffic saw it top 100,000 passengers over summer 2013.

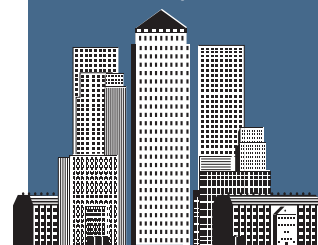
With British Airways announcing another daily flight from London City to Schiphol Airport that is likely to increase over the coming months.

BA subsidiary CityFlyer is one of two airlines to fly the route. General manager commercial Luke Hayhoe, said the route was increasingly a success because of financial links and cultural attractions.

"The Amsterdam Stock Exchange  
Continued on Page 9

**FREE**

MAY 1, 2014



## Inside



### Kerry's all gold

Stand-up talks TV ahead of her O2 comedy gala gig

PAGE 16



### New era for school

Our £13m facelift signals that we are ready to fly

PAGE 11

**PLUS** We're the nice guys, says Green + DLR station opens + Docklands plane crash exercise



JONES LANG  
LASALLE

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## WEATHER

**16C TODAY**  
Thunder storms

**13C FRIDAY**  
Rain

**14C SATURDAY**  
Cloudy

**17C SUNDAY**  
Sunny

**17C MONDAY**  
Cloudy

## TRAVEL

**TUBE & DLR**  
DLR is closed between Stratford and Poplar on Saturday and Sunday. Jubilee line is fine.

**ROADS**  
No problems.

## INSIDE

**NEWS**  
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ESTABLISHED 1998

# Agenda

# Keep your empty chatter to yourself

I hate people talking to me when I'm using my phone. Not important people, or people telling me important things (do shout if I'm about to go flipflop first into dog poo). But affable fools making small talk. Those innocuous little chats I thought we, with our silent Tube carriages and fear of human contact, had eradicated from London.

Here's a head's up to those who talk about the weather and how busy the DLR was – no one cares. Your drivell is boring.

You can take your small talk, and you can shove it on your Facebook status. Where I will unfollow your

## BLONDE'S EYE VIEW



ANGELA CLARKE

posts. You will effectively be talking to yourself. First sign of madness that, you socially inept babbling drone. Second is having strangers give you awkward side glances when you interrupt their work.

Because, dear bumpkin retro ear scratchers, you are not being charming when you break into your "this weather, huh" patter. You are being rude.

There's this incredible breakthrough in technology that means we now have access to Word documents, PDFs, and even Excel spreadsheets while on the go.

If I'm in the dentist's waiting room

staring at my phone, chances are I'm not just itching for you to tell me about your tooth abscess. I'm working – fielding emails, checking documents, filing taxable expenses.

Too many people have bought into those viral videos that claim we spend too much time looking at our gadgets and not enough taking in the wonder of the world around us. The world around me is E14, the stifling sulphurous Tube, or the whiney-child filled doctor's surgery. I don't want to take it in. I want to block it out.

Small talkers zip it: I'm busy.

Follow Angela on Twitter:  
@TheAngelaClarke

## London Eye



REUTERS

Commuters board an underground train at King's Cross station on Tuesday. Millions of commuters faced transport chaos this week after 11-hour talks failed to avert a two-day strike on the Tube network over plans to cut jobs and close ticket offices. Another strike is planned for next week.

REUTERS



A Christie's employee poses with a pear-shaped, D colour, flawless diamond of 75.97 carats. Christie's London is displaying the largest flawless fancy vivid blue diamond ever to appear at auction. The diamond is pegged at £9million at a sale in Geneva.



REUTERS

## 60

### Food

Why the Fish Market is ice-cool



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### Health

From DNA to foot scans, science is an aid

## 65

### Fashion

Channel your inner nerd for some geek chic



## Corrections & Clarifications

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A competitor in action during training on day three of the Diving World Series at the London Aquatics Centre in Stratford. A sell-out crowd cheered on Tom Daley but he missed out on a podium place, finishing fifth, despite a number of perfect 10 scores. Later he admitted he was receiving therapy over his phobia for his "twister" dive. Instead, China's Yang Jian took the headlines with a clean sweep of the medals. He also made history with the highest score for a single dive – 123 points – which shows Daley has a lot still to learn at his new Stratford base. **Sport / Page 63**

## CANARY WHARF

## Wharf 'raised as Al Qaeda target'



Artist's sketch of Badat's evidence

JUST weeks after the 9/11 terror attacks on the Twin Towers in New York, Al Qaeda considered targeting Canary Wharf, according to a British terror convict.

"Shoe bomber" Saajid Badat, 35, spoke of the idea while testifying against hate preacher Abu Hamza who is on trial in New York on multiple terror charges.

Via video link from Britain, Badat said that Khalid Sheikh Mohammed, the 9/11 mastermind, had asked about a target in Britain.

"I believe Canary Wharf was mentioned," Badat said.

## CANARY WHARF

## £1.1bn price tag in HSBC tower sale

A £1.1BILLION price tag has been put on the HSBC building at Canary Wharf.

The 44-storey tower is being marketed for sale with the figure eclipsing the £1.09bn paid for it in 2007. HSBC has a 13-year lease on the 8 Canada Square building.

It is currently owned by the National Pension Service of Korea.

# Protests grow over threat to surgeries

## HEALTH

5 GP practices at risk in deprived borough alone

Rob.Virtue  
@wharf.co.uk

A row has erupted after it was revealed five doctor surgeries are at risk of closure in Tower Hamlets due to a lack of Government support.

The borough's Labour party has demanded a meeting with Health Secretary Jeremy Hunt over funding cuts.

Virginia Patania, practice manager and partner at the Jubilee Street Practice in Commercial Road, said the cuts were a key factor behind the consideration of closing her surgery.

"Tower Hamlets' population is largely sicker and more deprived than the national average, with more complex conditions," she said.

"Loss of GP services would mean less GP access, less



Cllr Rachael Saunders, John Biggs, Virginia Patania and Jim Fitzpatrick MP hand at the Department of Health

clinical safety, lower patient satisfaction, potentially higher mortality and missed diagnoses, and higher use of hospital services such as A&E."

The Labour group held rallies at Chrisp Street, Watney Market, Roman Road and Brick Lane over the closure risks. It also sent a letter to Mr Hunt, co-signed by GPs, arguing against the changes to surgeries contracts announced by the Health Secretary last month.

Deputy Leader of the Labour Group, Cllr Rachael Saunders, said: "It is wrong that GP surgeries in Tower Hamlets

are at risk of closure, while resources to Tory heartlands are increased.

"It is no surprise that residents, GPs and politicians are up in arms."

An NHS spokesman said: "The changes are part of a national policy to bring all practices into an equal financial position, which will ensure that all patients can expect the same high level of service from their GP wherever they live."

"We have contacted Jubilee Street Practice and other GP practices which may be affected to identify ways to support them."

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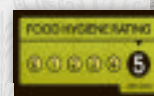
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**NEWHAM COLLEGE'S BESPOKE DEAL - P66**



# We're not right or left, we're the nice guys, says Smith

## MEET THE CANDIDATES

Experienced Green Chris Smith talks to **Rob Virtue** about housing – and the ubiquitous Tesco

**W**ith policies such as shackling Tesco's rapid expansion in east London and aiming for 75% affordable and social housing on new developments, the Green Party is placing itself firmly on the left in Tower Hamlets.

But mayoral candidate Chris Smith, who launched the manifesto at Brick Lane recently, is less keen to fix a position on the political spectrum.

"Left and right?" he said. "I try to avoid that. Yes, maybe we are left but I think we're just the nice guys."

The Greens are well known for their anti-airport and anti-river crossing views on this part of town but it's the party's policies against capitalist giants that stand out in this May's election.

So what's wrong with Tesco?

"There are too many of them," said Mr Smith. "And they wreck local businesses. I'm not going to say I never shop at Tesco. That would be lying. I do my best to go to the local market but often Tesco is the only place open late for vegetables. The problem is you're wiping out all other businesses."

"And they're not a good employer. On environmental practices they source products that use unsustainable palm oil, tuna that's been fished badly. They use zero hour contracts and don't pay the London Living Wage. They're not a good supporter of the community whatever they say."

Tesco, meanwhile, says it makes every effort to recruit from the local area.

Mr Smith is calling for a mathematical formula on the number of Tescos permitted in a fixed area.

The Green's bid for 75% of social housing puts them in line with prevailing views about the housing crisis – but at odds with the developers who have to make the numbers work. Such schemes would not be economically viable, they would argue, ensuring that no homes were built.

"How much money does a developer have to make on a development?" responds the Green candidate.

"What's more important is they're giving people jobs and helping the community. If they have their development, get people to work on it and still make a profit, that's great but how much profit do they need?"

Are developers holding councils to ransom?

"Absolutely," says Mr Smith. "And they're too scared to say no, because we've got a housing crisis."

He also wants Canary Wharf Group's focus on housing – such as the proposed Wood Wharf scheme – to have a greater emphasis on affordable.

"Those earning lots more than the average wage should have a right to live near to where they work but so



How much profit do developers need, asks Chris Smith in Brick Lane

## More online

- **The Wharf** is talking to key players in the forthcoming local elections in an occasional series over the next few weeks.
- These are available online at [wharf.co.uk](http://wharf.co.uk).
- Tower Hamlets mayor Lutfur Rahman has yet to fix a date to speak to us.

election, John Biggs, in the City and East London Assembly election in 2012.

Mr Biggs won that by a landslide but it saw the Greens leapfrog the Liberal Democrats and the BNP to come third with the Conservatives in second.

The Green candidate also stood in the 2010 Parliamentary election against Labour MP Jim Fitzpatrick.

While the party is gaining in popularity, Mr Smith admits his chances of winning are "a challenge" with a lack of resources compared to his rivals.

The headline contest has become a furious two-horse race between Mr Biggs and controversial incumbent Lutfur Rahman, with second votes possibly holding the key.

"I'd rather we didn't give a second preference to anybody," said Mr Smith. "I suppose, if it was a choice between Lutfur Rahman and John Biggs, John Biggs is a trusted public servant and, while he's not the most dynamic and charismatic person, he's very experienced in local government."

And Mr Rahman? Mr Smith criticises the current mayor's team for constant accusations of racism, but he's not convinced Mr Rahman is entirely bad for Tower Hamlets.

"He's introduced a living wage into council and suppliers," said Mr Smith. "I don't think he's totally bad but he's not totally great."

"He's got so much scandal attached to him now that even if wins again, he's so badly tainted. And with the investigation into the borough he's going to be hampered completely."

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## THE CANDIDATES

**T**he full list of candidates has been released for next month's Tower Hamlets mayoral election.

In total there are 10 people standing in the vote on May 22.

Current mayor Lutfur Rahman will represent Tower Hamlets First while his main challenger is seen as Labour's John Biggs.

The full list is:

- Reetendra Nath Banerji, Lib Dem
- John Biggs, Labour

- Reza Shoaib Choudhury, Independent
- Hafiz Abdul Kadir, Independent
- Mohammed Kowaj Ali, Independent
- Nicholas McQueen, UK Independence Party
- Hugo Pierre, Trade Unionist and Socialist Coalition
- Lutfur Rahman, Tower Hamlets First
- Chris Smith, Green Party
- Christopher Wilford, Conservative



## News



## Family rallies to remember John

DAMAGE singer Jade Jones, the fiancé of Spice Girl Emma Bunton, gathered with friends and family at St George's Garden, Wapping, at the weekend to appeal for new witnesses to the murder of his brother John Kennedy.

Father-of-two Mr Kennedy was stabbed to death during a night out with friends in February 1997 which ended at the nearby Railway Arms.

Mr Jones said: "My brother's killer has got off scot free. I know there's this code of conduct that you don't grass, but someone has to step up. It's been dreadful."

A reward of £20,000 is on offer for information that leads to a prosecution.



Singer Jade Jones and his mother Rita Kennedy-Jones at the Wapping rally

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**Business / Page 66**

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## 'Plane crash' in docks set up to test rescue skills

### EVENT

LONDON'S 999 services tested their readiness for a plane crash at London City Airport with their largest-ever exercise.

The disused Millennium Mills and the real fuselage of a Boeing 737, as well as billowing smoke and flames, were used to recreate a disaster over the weekend, putting 220 emergency service personnel to the test.

And with a chilling echo of real-life event, a black box recorder was sunk to the bottom of the dock to be recovered by divers.

Amputee actors were deployed to add realism to the exercise and 100 volunteers from a university paramedic course were liberally covered with fake blood and sported gruesome injuries for the event.

The fire brigade spent four weeks setting the scene to make it as realistic as possible although those being tested were unaware of what they would face when they turned up.

A spokesman said: "It's cost around £50,000. We managed to keep costs down thanks to many partners who donated their services for free."



Firefighter and volunteer takes part in an exercise simulating a plane crash near London City Airport

London Fire Commissioner Ron Dobson said: "Whilst this scenario may appear worrying for some, I would like to reassure the public that these sort of exercises are vital to ensure that rescue teams are fully prepared should something like this ever happen in London."

"It is only through this kind of exercise we can fully test our plans and ensure all the agencies that would be involved are able to respond effectively together, in a co-ordinated manner."

"Air traffic incidents are extremely rare, but it is my responsibility to ensure our fire and rescue teams, working with the other emergency services, are ready in the unlikely circumstance that something catastrophic were to occur."

Commander Peter Terry, head of emergency preparedness for the Met, said: "Major incident exercises like this one provide us with the perfect opportunity to practice and test our response with our partners in a realistic fast moving environment."



The Fire Brigades Union may be taking strike action on

**Friday, 2 May**  
**Saturday, 3 May and**  
**Sunday, 4 May**

# TAKE EXTRA CARE

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- ✓ Test your smoke alarm
- ✓ Plan your escape route
- ✓ If you have a fire call 999



Visit [london-fire.gov.uk](http://london-fire.gov.uk) for full safety advice



## News

# 50,000 hour lifespan of LEDs helps save carbon

## GREEN

Beth.Allcock  
@wharf.co.uk

WHILE Wharfers won't have noticed a difference in the warming hue surrounding One Canada Square, the environment has been reaping rewards from the tower's new, eco-friendly glow.

After two decades, more than 400 light fittings in the lobby have been replaced with LEDs.

David Clements, managing director of Future Designs in Wharfside Point South, was tasked with manufacturing the bespoke products for the ceiling alongside his team.

The new devices are expected to have a life-span of 50,000 hours, as well as prompting a saving of 48% per year on Canary Wharf Group's energy costs and an 83-tonne carbon saving every 12 months.

Paul Burgoyne, building manager of One Canada Square, said: "The installation of LED lighting gives visible evidence of our efforts to improve the energy performance of One Canada Square."

"Our tenants demand more energy



The energy efficient lighting

efficient operations and we have matched this in providing the right setting to make our building an attractive place to work and visit.

"LEDs have been installed so that we can phase off the lights out of business hours while providing sufficient lighting levels overnight and at weekends."

David said a corporate responsibility for all buildings to use less carbon had prompted rocketing demands for LEDs in the past 15 months.

His firm has a strong history of bringing light to E14 creating 22,700 fixtures for Clifford Chance 12 years ago in addition to various projects at Barclays, JP Morgan, Shell International and the FCA – but it was this latest job which he said was one of the trickiest.

This, in part, was because of the marble adorning the communal space. David said: "Canary Wharf Group wasn't looking for a radical change, because it's an iconic building, but the most important criteria was to ensure the floor and walls were illuminated correctly."

"So there was the pressure to chose the correct colour of LED to enhance the marble, and we did several test fittings with different make-ups over three months."

"It's the iconic building of Canary Wharf, it's Canary Wharf's centre effectively and it's timeless."

Business / Page 66

## DROPPING ANCHOR

THE floating hotel Sunborn London has arrived at its permanent mooring in the Royal Docks. Labelled the capital's first luxury superyacht hotel, the 120m long ship has been refurbished ahead of its opening to the public on May 9. Based underneath the Thames cable car it has 136 bedrooms, a bar, a fine dining restaurant, a gym, private terraces and an auditorium.



# The DLR station now leaving platform 1...

## TRANSPORT

New Pudding Mill moves 100m down track from old one

Rob.Virtue  
@wharf.co.uk

**A** Docklands Light Railway station has been moved 100m to make way for Crossrail.

Pudding Mill Lane station opened on Monday morning after works which also included adding an extra track to enable an increase in services between Canary Wharf and Stratford.

The service will now be able to carry an extra 1,100 passengers each hour and DLR bosses say reliability will be improved as well.

The move came about as Crossrail, due to arrive in 2018, needed a tunnel portal where the original Pudding Mill Lane station was.

Crossrail built the Weston Williamson designed station for DLR in a complex operation close to vital sewerage and power utilities, rail and DLR lines and the Olympic Park.

Crossrail chief executive Andrew Wolstenholme said: "This was a large and challenging project with the London Olympic and Paralympic Games, Great Eastern Mainline, DLR



Double tracking allows for greater numbers of passengers on the line

## RAIL ROW

**A DOCUMENT** leaked to *The Observer* newspaper claims relations between Crossrail and contractor BBMV have collapsed.

The paper quotes from a document that claims Crossrail has created a culture in which workers are terrified of reporting mistakes and safety incidents.

But spokesman for the Wharf-based company has refuted the claims.

He said: "Crossrail has enjoyed a good working relationship with BBMV. Crossrail's safety record is better than the UK construction industry average."

and several crucial London utilities all on our doorstep."

The station comprises around 1,000sq m of glazing and 33,000 cubic metres of concrete.

Transport for London's DLR director Rory O'Neill said: "The new station at Pudding Mill Lane will be a great asset to commuters, residents and to visitors to this part of the capital."

"With the largest capacity on the DLR network the station will provide excellent access for people travelling to new entertainment venues in the area and to Queen Elizabeth Olympic Park."

The old station will now be demolished.

## NEWHAM

## Teenager jailed for attack with hammer

AN 18-year-old who hit a man over the head with a hammer as part of a dispute between their families has been sentenced to 15 years in jail.

Adeel Khan, of Beckton, was sentenced at Snaresbrook Crown Court on April 17, for the attempted murder of a 15-year-old boy.

Victim Ismail

Khan, pictured, now 17, was struck repeatedly over the head with the hammer in 2012. He remained in hospital for 10 days and is now slowly recovering.

The court heard the offence was committed as a result of an ongoing dispute between the families of Adeel and the victim.



## GREENWICH

## Red faces at Ofsted verdict on school

THE Greenwich Free School needs improvement, according to education watchdog Ofsted.

The verdict is a potential embarrassment for one of the school's founders – chairman of governors Jonathan Simons.

He is also the head of education at the thinktank Policy Exchange, which recently criticised Ofsted.

Another co-founder, Tom Shinner, has just been appointed by education secretary Michael Gove, pictured, as a director of strategy and performance.

Mr Gove praised the Greenwich school in a speech last year.





# Notebook

## Meetings are just an excuse to postpone real work

I have spent every day this week sat in back-to-back meetings, most of them pointless, all of them unduly long. It has been so crazily bad that I have been forced to take files home because I've had no time to do any "real" work in office hours.

Most of these meetings have been meetings about meetings – past, present and future ones.

It would appear everyone I work with (aside from my boss that is who has been away for the past few weeks – while the cat's away we'll, er, hold unnecessary

meetings) loves an official catch-up or debrief whereas I wince every time another meeting request or Doodle Poll pops into my inbox.

There are two kinds of people: those who do stuff and those who hold meetings to talk about doing stuff. The two are oil and water, cat and dog.

I do loathe them. Throughout most of them, I sit there resenting the utter waste of my time, calculating the additional hours I will have to put in at home to catch up on real tasks.

Occasionally, I may chip in with the

### WORKING MUM



TABITHA RONSON

odd point but on the whole I try to keep my contribution as brief as possible in the hope that others will, too.

This tactic hasn't proved successful this week. My lack of preparation and contribution has led to a number of other meetings being scheduled – "I think we all need to go away, information gather and regroup to discuss ways we can move forward; then we need another pencil to decide if this is the appropriate course; followed by an advisory board meeting to action it."

Annoying Colleague couldn't contain

her excitement at the prospect. She loves a meeting because she is under the misapprehension it makes her look somehow important.

Armed with her iPad, Mont Blanc and Aspinall leather-bound notebook, she has been loudly announcing to the team that she's off to a meeting to discuss X, Y, and Z and could we take her calls as she may be some time.

It's either that or she will simply do anything for a free Hobnob. *Working Mum, got to dash as I'm off to, yes, another meeting.*

## DATA SNAPSHOTS

Trends, stats & surveys



# 1.1%

Percentage of people in London who reported a mugging in the past year, the highest rate in England and Wales. 0.7% experienced a robbery, again the highest in the country.



# 84%

Percentage of boys born in Tower Hamlets who will reach 65. This is about average for the UK. The percentage for girls is 90%, both figures are typical for east London.



# 34

months. The time it would take for a couple on average income with no children to save up a 5% deposit for a one bed property in Tower Hamlets.

Catch up with our data graphics on wharf.co.uk every week

Sources: tgg; Office of National Statistics; Trinity Mirror Data Unit

## Out Of Office

### PEOPLE

## Jojo captures a different city

CANARY Wharf is glossy, Greenwich is leafy and Bermondsey is buzzing. That is, according to artist Jojo Oldham's quirky hand drawn maps.

Each borough has taken her around 100 hours to create and it has taken two years to complete the map, which she finished in May 2012.

Her time researching Tower Hamlets, Greenwich and Newham coincided with the build-up to the Olympic Games – and she even got to be part of the closing ceremony.

She said: "Everything felt very shiny and new and there was a great buzz and sense of anticipation. So whenever I think of these boroughs I'll always think of the Olympics as it was such a special time."

She creates each design using Google Maps, information from people via social media and face to face and estate agent descriptions.

Jojo began the project to learn more about the city, describing herself as "the girl who'd get the tube from Piccadilly to Leicester Square."

She said: "They're drawn completely freehand so some areas inevitably end up being a bit squashed, but on the whole everything's roughly in the right place."

She is hoping to start Tower Hamlets towards the end of the year, but she anticipates she will not finish the full map until 2018.

She said: "Like photos, maps document our memories, so I guess

On the whole everything's roughly in the right place

## People, places, things



Jojo Oldham with her hand-drawn map of London



I'm trying to capture the spirit of London as it is right now, for myself and everyone who lives here at the moment."

Go to [lovelyjojos.com](http://lovelyjojos.com) for more information and to make a suggestion for the map.

### PEOPLE

## TV church faces its own drama

IN a case of life imitating art, a cleric in Shoreditch says his church is facing bankruptcy.

The Rev Paul Turp looks after St Leonard's Church which doubles as St Saviour's in the sitcom *Rev*.

In the latest series, which ended this week, the fictional Rev Adam Smallbone was turfed out of his church amid a financial crisis.

The programme itself, though, has aided Mr Turp's cause as location fees of £20,000 help towards the yearly £90,000 target required. He says that his potential congregation is increasingly secular.

"We will do a lot of prayer and hope to pull a miraculous rabbit out of an as yet non-existent hat," Mr Turp told the *Daily Mail*.

## POLITICAL VIEWPOINT

By John Biggs

## All we can do is steer ship in right direction

At present I am deeply immersed in election campaigning.

It takes up about 28 hours every day. I am eating, drinking, sleeping elections. It is a bit like being an athlete preparing for a competition – putting every other thought out of your head.

Yet maybe fewer than half the people I want to represent will get around to voting.

"You're all the same", they will say. And "politicians never keep their promises". Trust me, I've heard this so many times it gets tiring. And yet it's not just me who believes it's worth doing.

So why is there such cynicism? I think it's because politicians make too many promises they

It's not just me who believes this is a job worth doing

cannot keep. They say they will sort out the economy, and then too many people feel no benefit.

Or they say they will cut crime and, while it may fall and it's a job worth doing, sooner or later it may well rise again.

Many years ago a (Conservative) politician wrote his life story. He called it *The Art Of The Possible* after a quote by Otto von Bismarck "politics is the art of the possible, the attainable, the art of the next best".

I think that was a pretty good and honest description.

The best a politician can reasonably do is, like a sea captain of old, promise to steer the ship in a particular direction but without guaranteeing exactly when, or indeed where, the journey will end.

That can still get you more or less where you want to be. And if not, you can change ship. Back to the campaign!

London Assembly Member, City & East



## High Five

## Outdoor games



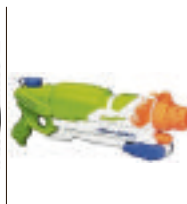
Geospace Jump Rocket Triple Shotz, £24.95 Launch 300ft into space.



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Spring Free Trampoline, £935 Clever design makes good use of space.



# Flybe signs up for five years at LCY

## TRANSPORT

Plenty of profits for all says chief of new arrival

Rob Virtue  
@wharf.co.uk

**P**roximity to central London and convenience for its passengers has persuaded Flybe to launch routes from City Airport.

The airline recently sold slots at Gatwick but chief executive Saad Hammad said he was always keen to have a large presence in the capital.

Speaking to *The Wharf*, the Flybe boss said: "We're back in London big time. It's a major step."

"We still have one route to Gatwick but most of our activities ceased there last month. You can't be a regional airline without access to the capital and City Airport offers us that."

"It's just seven miles from the heart of the financial district and it took me 90 seconds to walk through the gate today."

The airline signed a five-year



Roy Griffins, chairman of LCY, left, greets to Saad Hammad, Flybe CEO as the deal is struck

deal at London City, with the first flights launching in October to Edinburgh, Dublin, Belfast, Exeter and Inverness, with routes to France and northern Spain to follow.

Mr Hammad said it was looking to tempt flyers with prices starting at £34.99 one way and a guarantee of a £60 voucher if flights were more than an hour late.

"It's a combination. It's price, it's punctuality and it's about giving more choice on flight times."

Flybe will go up against British Airways and CityJet on flights to Edinburgh and Dublin, respectively.

"There's more than enough demand," Mr Hammad said. "People are fed up with busy trains or having to struggle to get through the capital from Heathrow and Gatwick."

"They are fed up with train punctuality of 60% when ours is 98%."

"As for London flights, it's a massive trip to Stansted and with Heathrow and Gatwick the last thing you want to do is go through a busy city with luggage to get to a congested airport, then face long walks and many escalators."

"And when Crossrail comes it will just enhance connectivity."

## 'Market can only grow'

From Page One

is the oldest in the world, and the link that has been forged over many centuries between these two commercial heavyweights is still an important element in the business and finance sectors in the 21st century," he said.

"And with its historic canals and tourist and cultural attractions, Amsterdam is an ideal destination, and within easy reach from London City Airport, for a city break."

The airline is increasing its flights from six to seven a day in the coming weeks to cope with demand.

Rival CityJet, the other airline that flies the route, states the success points to Amsterdam as a European hub.

A spokeswoman for CityJet said many use Amsterdam for connections beyond Europe.

"Flights do very well there partly because of our codeshare with KLM where people would fly to Amsterdam and then connect beyond Europe. We have eight flights a day and they are usually full."

"But much of the traffic is point to point with a mixture of business and leisure – mostly business."

Matthew Hall, chief commercial officer at London City Airport, said the constraints on increasing flight movements in the capital have had an impact on the Amsterdam route and was likely to mean connecting flights would be a growth part of City's business.

Overall he sees routes to the Dutch capital remaining split between work and leisure.

"There's people using Amsterdam as a hub for long haul connections but predominantly it's trips by the business community and city breaks," he said.

## FACTFILE



The Rijksmuseum in Amsterdam

### Five things to do in Amsterdam

1. Tour the canals by boat.
2. Do the Heineken experience.
3. Visit Anne Frank House.
4. Visit the colourful flower markets.
5. Explore Dutch art at the Rijksmuseum.

"Leisure flights are popular here because of City Airport's convenience and also the growth in residential around east London."

He added there was also a larger percentage of flights originating in Holland rather than the UK.

"Around 65% of the capacity of business traffic is inbound with Amsterdam business travellers trying to get easy access to the City and Canary Wharf. A lot of Dutch corporate businesses have a presence in London."

Rob Virtue

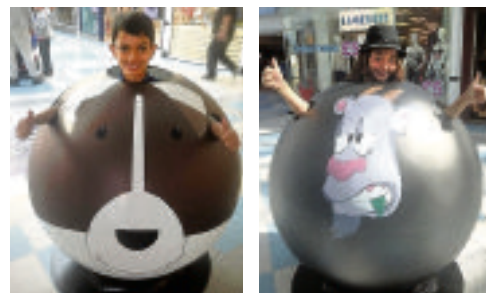
Each way prices to Amsterdam start at £109 with Cityjet and £133.70 with BA.

## Children harvest craft prizes

THE fun of the farm and a host of springtime crafts found their home in Surrey Quays Shopping Centre.

The mall hosted its themed Farm To You art challenge with primary school pupils Mika Canlas, Rafi Habib and Carol Julianan coming out top with their designs.

Their creations, which strive to raise awareness of city farms such as Surrey Docks Farm, have now been transformed into spherical photo pods, launched at the same time as the venue's Easter Spring Garden.



Winners Rafi Habib, left, and Carol Julianan

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FOR THE FACTS ABOUT GAMBLING



## EDUCATION

This is a setting that can take us from Good to Outstanding, says new principal

**Beth.Allcock**  
@wharf.co.uk

**A** striking colour scheme and newly-created facilities have transformed the only secondary school on the Isle of Dogs.

The completion of George Green's School's three-year, £13million Building For Schools project, which culminated in a ribbon-cutting event last Wednesday, reflects a "vote of faith in our young people" according to principal Jill Baker.

"We need to invest in young people and investing in a building is investing in them," she said.

Tangy neon walls and newly-created levels and corridors house a host of new facilities including five fresh learning spaces, a sports hall, community area and Cafe Vert.

Technology has also been taken care of in the form of new heating and cooling systems.

Ms Baker, who took the helm at the Manchester Road facility last September, said the school recognised the need to create something positive for its students.

"The project's called Building For Schools and that's what it recognises, that creating an environment for students is really important," she told *The Wharf* at last Wednesday's event.

"It has revitalised a bit of a tired building into what is now a lovely building on the banks of the Thames – how many schools can boast that?"

"It's like a Dr Who Tardis when you come in – it looks grey from the outside but beautiful inside.

"Being a new headteacher it's like working in a new school and it means I can do my job better. It gives me a clear platform to take the school from Good to Outstanding, which is what we are aiming to do."

The scent of freshly-brewed coffee and baked snacks could soon be coming from one of the re-vamped spaces – the school's kitchens and Cafe Vert.

Sixth Formers studying qualifications in Hospitality and Catering currently whip up treats in the culinary classroom, accompanied by



George Green's School Year Seven pupils Tommy Dowler, 12, Samirah Moumin, 11, Headteacher Ms Jill Baker, Year Eight pupil Alamin Haque, 13, and Year Seven pupil Sakif Newaz, 12, cut the ribbon to unveil the new facilities

## £13m refit is a symbol of our desire to press on

a professional chef, as part of their studies. And Ms Baker said the cafe presented an opportunity to offer its food to the community with plans in the pipeline to open at breakfast time.

Amid the celebrations, Ms Baker told *The Wharf* builders could soon be returning to the site to help the school

to meet increasing demand for pupil places.

"We've recruited lots of sixth formers and we do need some more space," she said.

"We're just about OK at the moment, but we will be looking to expand and add some more facilities."



The brightly-coloured new paintwork at George Green's

### FACTFILE

■ The school was founded by George Green, a ship-builder from Poplar.

■ In 1828 the school found its first home at the corner of Chrisp Street and East India Dock Road.

■ In 1884 the building was replaced by a new structure at the corner of Kerby Street and West India Dock Road.

■ In 1976 the present George Green's School on the Isle of Dogs was created.

■ The school's second building is still in use, and is occupied by Tower Hamlets College as an annexe.

■ The current school now houses 1,200 students and 220 staff. Go to [georgegreens.com](http://georgegreens.com).



Samirah Begum, 13, Samia Begum, 13, and Wafa Mohbubul, 13, enjoy the new gym hall

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 Lewis **0207 293 2272** or email [daisy.Lewis@trinitymirror.com](mailto:daisy.Lewis@trinitymirror.com)



GETTY

The audience for *Frank* gets into the spirit of the screening at The O2, Greenwich

## Sundance faces

The A-listers are out in force at The O2 for film festival

Michael Fassbender at a *Frank* Q&A

Jarvis Cocker talks film music

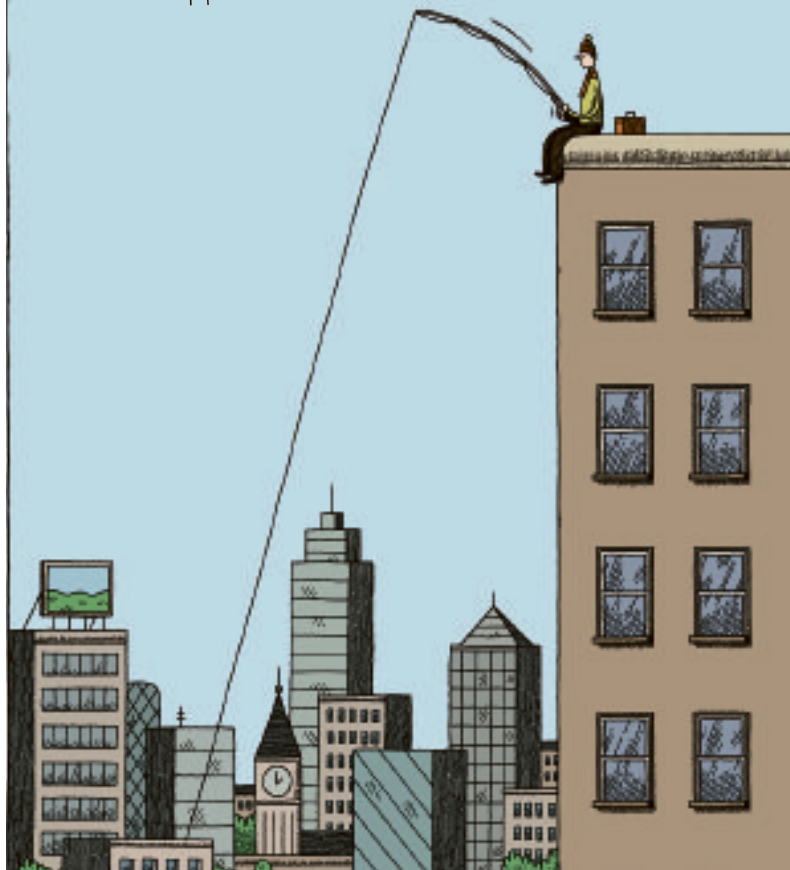
Rob Brydon and Steve Coogan attend a film version of their hit series *A Trip To Italy*Sundance Institute's Keri Putnam and actor Stanley Tucci attend *The Voices**Arrested Development's* David Cross presented his directorial debut *Hits*

**Round-up of Sundance reviews / Pages 58-59**

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**Property / Page 17**

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# Graduates get helping hand to find their first job

## CAREERS

Rachel.Bishop  
@wharf.co.uk

STRUGGLING job seekers celebrated graduating from a training and development programme after learning all the necessary skills to find work.

UK-wide leadership development organisation UpRising offered intense training over two weeks for east London graduates who have been on Job Seekers Allowance for more than 13 weeks.

The programme, called Fastlaners, is designed to equip graduates with the knowledge, skills, contacts and confidence to find meaningful employment.

The first cohort of graduates celebrated at Level 42 of One Canada Square at an event hosted by MP for Bethnal Green and Bow Rushanara Ali, who co-founded UpRising in 2008.

Fastlaners is also supported by Canary Wharf Group, which provided mentors and support at startup incubator hub Level39.

Rushanara said: "East London still has very high graduate unemployment. I am therefore delighted Canary Wharf Group is providing active support to UpRising's Fastlaners programme to help unemployed young graduates into work."



Saman Shahid, 23: Easier



Humzah Shahid, 21: Opportunities

## CASE STUDIES

**Fastlaner graduate 23-year-old Saman Shahid is looking to get into civil service work.**

She said: "This is a great programme to help people from our area get into work. It's more difficult coming from east London. I have friends who live in other areas who have found it much easier."

"It was great to be given the confidence to be able to get a job because I had been unemployed for such a long time, which can make it really hard so it has been great to be in an environment that has been so encouraging."

**Fastlaner graduate 21-year-old Humzah Shahid wants to get into working within a software company.**

Humzah said the course had taught him a lot about how to act in interviews.

He said: "It was excellent. It has really changed the way we see the job market. Now we are able to see the opportunities that are going to come our way and the importance of networking."

He said he particularly enjoyed visiting Level39 as he found the hub very inspiring.



JAMES GIFFORD-NEAD

## Powering the jet stream

A REPLICA of Geneva's famous Jet d'Eau – operated by pedal-power – was in full flow in Middle Dock last week.

Commuters hopped on cycle machines outside Canary Wharf station and pedalled for as long

as they could to keep the 20m fountain going in a bid to win a weekend in Geneva.

The prize included water sports, a fishing trip, relaxing urban spa and even the chance to turn on the real Jet d'Eau.



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# What's on

## Seven Days

**Gig**  
**At 75, Roberta's still got rhythm**



★ **Roberta Flack** won Grammy Record of the Year twice in a row in the '70s.

Her hits *The First Time I Ever Saw Your Face* and *Killing Me Softly* brought her worldwide fame, with the latter being sampled by The Fugees decades later.

At 75, Roberta's still touring and will bring her mix of R&B and folk to North Greenwich May 1, Indigo2, The O2, 7pm, from £42, theo2.co.uk.

**Gig**  
**Miley continues world conquest**

★ Miley Cyrus is bringing her slightly more risqué act to the bigger stage next door.

Labelled her *Bangerz* tour it will see hits such as *We Can't Stop* and *Wrecking Ball* at the dome. She's got rave reviews for the *Bangerz* album which has been a worldwide hit. May 6, 8pm, The O2, from £56.50, theo2.co.uk.



## Hard choices as Kerry has to keep it to five minutes

### COMEDY

The world is full of bewilderment and despair – so there's plenty of comedy

Rachel.Bishop  
@wharf.co.uk

Channel Four Comedy Gala is back for its fifth year, with its usual line-up featuring the cream of the crop from the comedian world.

Proceeds from the event, which will be held at The O2, Greenwich, on May 16, will fund a new operating theatre at Great Ormond Street Hospital.

Among the line-up is Alan Carr, Jack Dee, Jo Brand, Jon Richardson, Jonathan Ross, Kevin Bridges, Lee Evans, Michael McIntyre and Seann Walsh.

Stand-up Kerry Godliman will be joining the line-up this year, as she stars in the second series of Ricky Gervais' hit comedy as carer Hannah.

■ **Have you prepared a new routine for the C4 Comedy Gala?**

I have just done a tour, so have lots of new routines to choose from. It's going to be hard to choose which bit to do. I'm attached to all of it and we're only meant to be doing five minutes.

■ **What subjects will you discuss and what style is your comedy?**

I discuss modern human frustrations, and my style ranges from bewilderment, to fury, and despair. In a funny way.

■ **What do you hope will be achieved for the children of Great Ormond Street Hospital as a result of the night?**

Let's hope they make a ton of money to keep up the excellent work they do, providing support and care and treatment and hope for hundreds of sick children and their families.

■ **How did you get into comedy?**

I'd always secretly wanted to do comedy, but I didn't know how, so I went to Drama school and went into acting. Then the realities of the acting profession made trying stand-up comedy seem more appealing. So I started doing open mic gigs.

■ **Do male comedians ever make comments about women stand-ups?**

Not many, most of them are pretty



Kerry Godliman as Hannah

smart, supportive, modern chaps. Mostly.

■ **What's Ricky Gervais like and like to work with?**

He's very laid back and a lot of fun.

■ **What's your view on the character of Derek?**

I think Derek is a sweet man, who is determined to make the people around him happy.

Kerry Godliman can currently be seen on *Derek* at 10pm Wednesdays on Channel 4, and her stand up show, *Face Time*, comes to Edinburgh from July.

## New home gives room to Breathe

### ART

The work of top artists from across the globe is coming to east London for a two-day exhibition.

Whitepeaks Fine Art is bringing *Breathe* to Trinity Buoy Wharf next week for the gallery's first show at its new home.

The firm, which deals in high-end works ranging from abstract and impressionism to surrealism and landscapes, recently moved from its base in Derbyshire to the cultural centre in London's Docklands.

Joint director Mark Pazik said: "People should know the artwork they are seeing here is something special. It's not just something to put on the wall but worth a lot of money."

*Breathe* is on at the Electricians Warehouse at Trinity Buoy Wharf on May 7 from 6pm to 10pm and the following day from 10am to 10pm. Go to whitepeaks-fineart.co.uk.



Mark Pazik

## Dance Aerial show tells tales of soldiers

★ Real-life war stories will be delivered through an emotive aerial dance performance in a tale of two soldiers from two separate wars.

*Rites Of War* fuses Lindsey Butcher's aerial dance vocabulary and Darshan Singh Bhuller's powerful choreography with real Afghanistan stories assisted by BBC's correspondent David Loyn.

Lindsey, artistic director of Gravity & Levity, said: "Creating a narrative led production is a new and exciting direction. We're now ready and eager to bring these remarkable stories to life."

The performance will premiere at Stratford Circus tonight (May 1) before going on a major UK spring tour.

£8-£12, Stratford Circus, Theatre Square, E15 1BX, May 1, Thurs; 7.30pm, May 3, Sat; 4pm, stratford-circus.com.

arts & events  
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All details correct at time of press.



## Five go round in circles



The gang of five head to Miami to scam the money they need to save their lives

### SCREEN

#### Plastic

(15) 102mins

**H**ollyoaks meets *Hustle* is what springs to mind as this glossy, crime caper – based on a true story – begins to reveal its twisting tale of 20-something wheeler dealers.

The cocky quartet – leader Sam (Ed Speleers), troublemaker Yates (Alfie Allen), weak-kneed Rafa (Sebastian De Souza) and low-key fixer Fordy (Will Poulter) – scam credit cards by day and do shots by night.

And to show they're good boys at heart, they even go for that whole *Hustle* "Robin Hood" schtick – "let the insurance company take the hit" they tell one mark before applying a baseball bat to his jaw, presumably as some kind of metaphor.

But this screen-friendly Britpack – like this movie – bites off way more than it can chew.

The aforementioned victim is the accountant of a very nasty piece of work Marcel (Thomas Kretschmann).

He must be a very nasty piece of work because he has frequent reason to tell them – at great length and repeatedly – what a nasty piece of work he is. And if they should doubt his word, he has very nasty pantomime henchmen to punch home his nasty point.

### SCREEN

#### Pompeii 3D

(12A) 104mins



British director Paul WS Anderson embraces the hoary clichés of the disaster movie with this unintentionally amusing epic set in the shadow of a grumbling Mount Vesuvius.

Anderson certainly understands the mechanics of an outrageous action sequence and he engineers some humdingers as fiery rocks rain down on Pompeii's stricken inhabitants.

Fittingly, Pompeii is built on the shaky foundations of a ramshackle script that doesn't flesh out any of the characters in any sufficient detail to make us care about their fates.

★☆☆☆☆

So the gang of four – soon joined and amplified by Emma Rigby's Frankie – have to pay for their wrongdoing and raise £2million in two weeks.

To the US we must go, they figure, where these young things can wear pastels or, in Rigby's case, not much, while director Julian Gilbey can add swish visuals to distract from the lamentable dialogue.

We're now into *Miami Vice* meets *The Inbetweeners Movie* as the sun frazzles friendships, Sam and Yates lock horns over their pash for Frankie, secrets are laid bare and their scam falls apart in a strip club.

Now its *Catch Me If You Can* meets *The Pink Panther* and they're forced into a long con involving a fake sheikh, a case of diamonds and a private jet.

Finally, to Blighty and the showdown, which involves all sorts of people with all sorts of guns. It is very much a *Reservoir Dogs* meets *Lock, Stock* type of bloodbath.

It's very glib and very trashy. Which is not to say the film, like its cast, does not have a certain swagger.

Giles Broadbent

### Our verdict

Film trips over itself as it tells twisting story

★★★★☆

### SCREEN

#### Bad Neighbours

(15, 97mins)



Mac Radner (Seth Rogen) and his wife Kelly (Rose Byrne) are struggling to cope with the newfound responsibilities of parenthood. Getting to sleep is a priority so when the house next door goes up for sale and a fraternity led by president Teddy Sanders (Zac Efron) moves in, the Radners fear the worst.

When Mac and Kelly call the cops during a noisy party, Teddy is so incensed he initiates a campaign of mean-spirited pranks to punish the Radners for breaking their promise. In retaliation, Mac and Kelly plot their own revenge in this spirited comedy.

★★★★☆

Also released: In *Tarzan 3D*, the tale of the vine swinger gets the animated treatment ++ ++ Paul Walker makes one of his final appearances in tough action thriller *Brick Mansions*

5-star Blue Ruin is reviewed on the next page

Presented by Theatre Royal Stratford East with Elliot Davis, Paul Tyrer and Jamie Clark, and Ros Povey for Fings Productions Ltd.

GARY KEMP JESSIE WALLACE MARK ARDEN

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# What's on



## The One I Love

★★★★☆ **“** *The One I Love* truly is the holy grail of indie filmmaking. With a minuscule budget, only three actors and one main location, newcomer director Charlie McDowell has delivered a tightly-plotted surreal thriller which you'll want to visit again and again.

McDowell's debut feature benefits from a beautifully simple premise, a romantic retreat for timid couple Ethan and Sophie. The fun (for the viewers, anyway) starts when they realise their therapist-prescribed getaway is far more sinister than expected. **RL**



## Obvious Child

★★★★☆ **“** “What is wrong with me,” asks Donna Stern (Jenny Slate) quaffing wine, drunk-dialling her ex and over-sharing on stage.

She's honest, likeable and with a self-destructive urge to show'n'tell the awkward moments, so it's little wonder that tidy business student Max (Jake Lacy), the self-deprecating square-with-the-hair, can't look away.

That their one-night-stand ends with her pregnancy shifts Gillian Robespierre's patter-rich rom-com out of reach of its early indulgences and into darker, more interesting, territory. **GB**



## Memphis

★★★★☆ **“** Following Willis Earl Beal as a singer-songwriter with a chronic case of lost mojo, director Tim Sutton takes an interesting premise and pummels all life out of it, leaving only a string of loosely related scenes, bizarre monologues and unexplained tangents.

Despite having a decent soundtrack to tie this mess together, *Memphis* cries out for an uplifting anthem to raise its protagonist from his misery, but fails to deliver.

Instead Sutton roots again for the unconventional option and denies his hero any sort of redemption. **RL**



## Dwight has revenge on his mind

**SCREEN**  
**Blue Ruin**

(15) 90mins

**B** *Blue Ruin* is a taut, sharp rethinking of the revenge movie.

Macon Blair amazes as Dwight, a 30-something drifter who has descended into hopelessness and homelessness since the murder of his parents.

When the killer is released,

Dwight snaps into action and begins seeking vengeance.

From the start of his mission though, it's clear that *Blue Ruin* isn't your typical getting-even story.

Director Jeremy Saulnier's sophomore feature isn't about the stylish fight scenes, the chases, or even the reasoning behind the rampage, it's about Dwight's emotional journey.

Clearly troubled, and impressively bearded from the start, Dwight has given up on life and would happily trade places with his deceased family members.

Blair handles this conflicted character expertly, delivering a nuanced performance that evokes guilt and rage in equal measure.

Hefty plot points come surprisingly early, leaving the majority of

the snappy running time to deal with the consequences. The result is a constant stream of beautifully crafted character moments and emotional interactions.

Saulnier juggles this mental trauma with fleeting fight scenes near-perfectly, showcasing the flair of a far more experienced filmmaker.

With this refreshing reconstruction of a thought-dead genre under his belt, Hollywood is surely wondering what he could do with his own everyman action franchise.

**Rob Leane**  
*Also on general release.*

### Our verdict

A revenge thriller with actual characters and consequences  
★★★★★



## Dinosaur 13

★★★★☆ **“** Into this heady, naive world of scientific discovery comes – bam – the heavy boot of Federal Government. The FBI turns up and seizes Sue, claiming theft.

Amid the screams of protest from school children, they stick the T Rex fossil on lorries and put her into storage as a complicated battle ensues over ownership.

Sue was in the wrong place at the wrong time. The land where she was found was overlaid with all sorts of complex legal issues.

Sue had woken up in a very different world. **GB**



## Fruitvale Station

★★★★★ **“** The film opens at the beginning of a fateful day with Oscar, holding a Zip of weed, getting chastised for cheating on his girl Sophina. So far, so *Wine*. We're braced for a clichéd tale of urban deprivation, baby daddies and despair.

But Oscar is not bad. He's no saint either. Been in prison a spell. Badmouthed his mother but loves her too. Gives the lowdown on fried fish to a (white) woman out of her depth; spends money he hasn't got on presents.

He's a fallible human trying to make things work. **GB**

# Sundance picks

**FESTIVAL** Rob Leane and Giles Broadbent take stock of things seen



## Drunktown's Finest

★★★★☆ **“** *Drunktown's Finest* brings a talented new filmmaker to the fore while exploring life, crime and consequences.

First-time writer and director Sydney Freeland grew up in New Mexico and has taken inspiration from those surroundings to create a smart intertwining film bringing together several narrative strands into an impressive whole.

The small town setting of Gallup enables the plot, acting as a border between ancient, honest tribal traditions and a dark, modern world filled with violence, drugs and abuse. **RL**



## Kumiko, The Treasure Hunter

★★★★★ **“** This is a story of obsession and desperation, buried away among heaps of melancholy.

Our protagonist Kumiko is an enigmatic oddball, filled with mystery and sorrow by Rinko Kikuchi's masterful performance.

The premise is a stroke of genius too, with Kumiko travelling from Japan to Minnesota in search of a bag of cash she sees buried in the Coen brother's 1996 crime thriller *Fargo*.

Convinced the story is true, and demoralised by her own life, she steals a credit card and begins an epic journey to find the treasure. **RL**



## Frank

★★★★☆ **“** One of Frank Sidebottom's many acts in the '80s and '90s in the north west was The Oh Blimey Big Band. He counted among his bandmates DJ Mark Radcliffe and, pertinent here, Jon Ronson, the journalist who has written about his time when he was plucked from obscurity to play keyboards.

Ronson has penned a new version of the big-headed figure although Frank's creator Chris Sievey, who died in 2010, resisted biopic in favour of a fictional tale to maintain the enigma.

Perhaps that is the first clue to the ultimate failure of this film. **GB**



## Finding Fela!

★★★★☆ **“** Director Alex Gibney squanders what could have been an powerful documentary about an important Nigerian figure by stuffing it with shameless plugs for a new musical inspired by Fela. The result is, sadly, a bit of a mess.

While the musical looks thrilling, including so much about it in *Finding Fela!* pulls focus from a hard-hitting documentary.

Explorations of huge emotional moments from Fela's life, including the death of his mother, are cut through with unnecessary snippets of jarring musical theatre. **RL**

**For full versions of these reviews, and more not featured here, go to wharf.co.uk**



## Jerry's pets always keen to offer their sage advice

### SUNDANCE

The Voices

(tbc) 103mins

If the measure of a movie is the decibel of debate that follows the credits, then *The Voices* will surely rank among the most memorable at Sundance London.

The presence of a starry cast (Ryan Reynolds, Gemma Arterton, Anna Kendrick) is, like many aspects of this movie, a shiny veneer to confuse the viewing public.

This is a film that overstays its welcome then veers back to warm acclaim once more. Is it right? Is it wrong? Does it work? Is it justified, tasteful, funny, horrific? Yes and no, but not necessarily in that order.

The story has likeable bathtub worker and all-round oddball Jerry Hickfang (Reynolds) whose barbaric past combined with a mental health issue make him the most unreliable of unreliable protagonists.

He develops a crush on Fiona (Arterton) but dating matters go



Ryan Reynolds voices both Bosco the dog and foul-mouthed cat Mr Whiskers

somewhat awry and he is left cleaning up the mess with a range of knives, saws and air-tight storage containers.

He is not helped by the voices. They come from his foul-mouthed Scottish cat Mr Whiskers and his good-natured dog Bosco (both voiced by Reynolds).

A further cacophony of confusion comes from his fridge where his growing collection of heads have feisty opinions of their own.

The trickery – the fun? – in the story of a man not entirely in control of his reality comes with director Marjane Satrapi's teasing sets. On drugs, life

is drab and colourless and the bloody reality of his sprees are presented in their Seven-ish, blubbery glory.

Off drugs, the world is pink and nifty and butterflies dance around Hickfang's head.

"Pretend everything is fine," says Mr Whiskers. "It's got you this far."

It's easy to see why action hero Reynolds went for this small-scale project. It requires the kind of gymnastics of snarl and charm that stretches his actorly muscles.

He walks the tightrope well. Kendrick, meanwhile, is more assured

than Arterton, who wobbles in her blowsy role (some accomplishment for a head).

Whether it is a comedy, a horror film or an exploration of mental illness is what will keep the film in mind long after the credits (a jaunty dance number with Jesus driving a forklift) have faded to dark, dark black.

Giles Broadbent

### Our verdict

Brave stab at pitch black humour

★★☆☆☆

## OUR WINNERS

### Best Picture (narrative)

RL: Blue Ruin

GB: Fruitvale Station

### Best Director

RL: David Zellner (Kumiko, The Treasure Hunter) Expertly ties two continents together into a fascinating whole.

GB: Ryan Coogler (Fruitvale Station) Finds moments of extraordinary intimacy and tenderness what could have been a worthy-but-dull issue pic.

### Best Cinematography

RL: Blue Ruin

GB: The Voices

### Best Actor / Actress

RL: Macon Blair (Blue Ruin)

GB: Michael B Jordan (Fruitvale Station)

### Best Documentary

RL: Finding Fela!

GB: Dinosaur 13

### Best Event

RL: Truly Independent Visions talk – Kumiko, The One I Love and Drunktown's Finest directors discussing indie filmmaking.

GB: Guts To Glory: The battle to get a script to the screen. Plenty of passion overcoming an impossible process.

### Sundance highlight

RL: Hearing from the Frank team in an insightful Q&A.

GB: The jaunty closing credits of *The Voices* – Jesus on a forklift et al.

## LEE HURST'S BACKYARD COMEDY CLUB



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[Dan@BackyardComedyClub.co.uk](mailto:Dan@BackyardComedyClub.co.uk) to see how we can help.

# Food

## Fresh location, similar issues

### REVIEW

Ink

Mile End

**M**artyn Meid can cook. No question of that. His debut on my radar at The Dock Seafood Restaurant proved it.

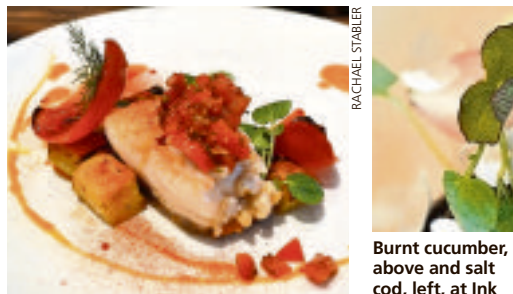
Despite his departure that remains an attractive proposition; keenly priced and well turned out, but struggles as it's a whisker off Wharfers' beaten tracks.

Poor footfall is the cancer that withers restaurants in this part of the world. Camino saw the writing and quit to fight another day.

And that's barely five minutes' walk from One Canada Square.

So what possessed Meid to set up shop for himself in the wilds of Mile End, in a space accessed by park, then footbridge and an unexpected turn back on oneself is beyond me.

Footfall's gone from poor to non-existent. Ink occupies more or less the ground floor of some fictitious new development plopped into



RACHAEL STABLER

Burnt cucumber, above and salt cod, left, at Ink

one of the grimmer slices of the East End. At least it's on the canal.

Why developers believe stapling amenities to their plans is any guarantee of success is a mystery. Sure, all the flats are sold but we were one of two tables.

And Ink, for all its positives, is not a place to eat each and every night. Meid's not one for warming staples. He's a creator of art.

His spare and complex plates are often jewels. Very reasonably priced too. Special mentions go to a burnt cucumber and a pate that despite being impossibly dull on the eyes turned out to be

one of the best starters I'd had this year. A main of pork belly was woefully under seasoned though despite its seared veg. Should do better.

Perhaps Meid will when the minimal space bustles. Unfortunately that's an if contingent on Londoners getting better at reading maps. Don't hold your breath.

**Jon Massey**  
Suttons Wharf South, 44  
Palmer's Road, London, E2  
OTA, 020 8983 6634.

### Our verdict

High calibre cooking  
in the wrong place

★★★★☆

## Ice-cool waiters don't sweat small stuff

Servers leave **Rob Virtue** baffled by their tolerance



### REVIEW

Shellfish Workshop

Billingsgate Fish Market

**I**f I had to serve indecisive and rude diners I'd snap. I can barely walk along Waterloo's Jubilee to Northern line interchange without heckling dawdlers.

If I were a waiter the customers would often leave with their dinners down their shirt fronts.

A case in point was at Fish Market in Liverpool Street. The bread came out. My friend asked if the restaurant had gluten free as she had an allergy.

The look on the waiter's face suggested that he didn't but his mouth said he did.

About 10 minutes later – time enough, I imagined, to race to the nearest bakers – he returned with the refined offering.

He then kindly warned us that our mixed platter starter contained gluten. "That's OK," she said. "I can have a bit." Not allergic then. The waiter was unmoved.

She then took a slice of her gluten free bread, balanced the plate on the very edge of the table and watched the remaining slices fall to the ground.

If I were a waiter I would have pushed her – gently – off the chair but he just smiled and swept up the lovingly crafted loaf without comment or complaint.

How do they remain so relaxed? In this case, it seems to be the vibe of Fish Market. This quaintly decorated restaurant has a seaside calm and looks like it's been transported from Cornwall.

This made it easy to get stuck into an epic seafood sharing platter consisted of seared scallops, cauliflower purée, salt and pepper squid, goujons of day-boat fish and garlic king prawns.

Fun, fresh and delicious, it was the highlight of the meal. A tasty lemon sole and a sea bream were good too but remained in the sharing behemoth's shadow and I wished I'd chosen the battered cod.

Dessert, a selection of sorbets and a baked vanilla cheesecake, was also delicious.

16 New Street, London, EC2M 4TR, 020 3503 0790, fishmarket-restaurant.co.uk.

### Our verdict

A fishy adventure replete with relaxation

★★★★☆

## Tepid tapas joint is mixed menu

### REVIEW

Bravas

St Katherine Docks

**What is it?**  
It's a chic, waterside restaurant with a relaxed Mediterranean vibe and steady streams of small Spanish plates being whipped up in the open-fronted kitchen.

**So just another tapas bar then?**  
Not at all. This one's "gourmet-style" and

has Spanish chopsticks instead of your usual cutlery.

### More style over substance?

Equal measures – even the silky brava potatoes (£3) had panache.

If you're craving a foodie pic to post straight to Instagram, order the fresh macerated strawberries with rosemary, white chocolate and cava (£5). It comes in some thing like a goldfish bowl.

### Best thing?

The assortment of Nevat, Cabrales, Idiazabal cheese with ruby red cranberries and bread (£9).

This was all indulgent creaminess and tangy taste and should service even the largest of appetites. I suppose you could share it if you had to.

## Royal China

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020 7719 0888





Top, part of a sharing platter at Fish Market in the City, above



Macerated strawberries with cava

#### ■ Worst bit?

Service was an issue. After being splashed with water from an over-excited bottle of sparkling drink, my friend waited for a while for her opening plate, while mine sat untouched on the table.

Confusion over drinks orders, ingredients and the availability of desserts somewhat marred the relaxed atmosphere. Perhaps give it a second chance later in the year.

**Beth Allcock**

St Katharine Dock, East Smithfield, E1W 1AT, 020 7481 1464, bravastapas.co.uk.

#### Our verdict

Clunky service mars small plates

★★★★☆



Satay chicken is part of Elephant Royale's Business Lunch Menu

## Get away from it all for lunch

### LUNCH DATE

#### Elephant Royale

Isle of Dogs

There are few better places within walking distance that prompt that "million miles away from the Wharf" feeling than Elephant Royale.

Step inside and you're transported to Thailand – the only excess baggage being the possibility of a take-home tub at the end of the meal.

There are water sculptures

in full flow, a statue of a Thai god overseeing proceedings and windows that open wide onto the Thames to bring the outside in.

The restaurant's Business Lunch Menu, which we tried is brimful of choice and very reasonably priced at £9.80 per head for a trio of veggie courses, or £11.50 each for meat-eaters.

I settled on vegetable spring rolls and a Thai corn cake to start.

Satay chicken was the meaty choice of my colleague,

coupled with Thai pork and prawn dim sum and an extra pot of sweet chili.

My main of fried cashew nuts, tofu, onions, mushrooms and chillies offered an earthy note with a smear of heat.

My colleague rounded our adventure off in true tropical style, opting for a slice of fresh, light Jasmine cake. It's a place to escape to.

**Beth Allcock**

Elephant Royale, Lockes Wharf, Westferry Road, E14 3AN, 020 7987 7999, elephantroyale.co.uk.

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THE ENGLAND  
CRICKET CAPTAIN**

Thursday 15th May 2014, Boisdale Restaurant, Canary Wharf

This is your chance to "get up close and personal" over lunch with the England Cricket Captain and ask him those questions about the current state of England cricket!

Following the controversial Ashes Tour in Australia during the winter, this summer's forthcoming test series against the mighty Sri Lanka and India provides the opportunity to make amends for what has gone before.

Alastair Cook, the Captain of England will lead his team this summer and as a special pre summer appearance will be our guest at this special sporting lunch.

Hosted by Gladstone Small, the ex England fast bowler, this will be a truly unique occasion.

The ticket price includes;

Exclusive access to this pre- season, hosted by Gladstone Small  
Champagne reception prior to lunch  
Three course Boisdale lunch with coffee  
Speech and Question and Answer session with Alastair Cook, the England Cricket captain  
Memento of the lunch signed by Alastair Cook  
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# Health

## Got a reason to avoid the gym? Not a valid one

### TRAINING



Our fitness guru **Laura Williams**

destroys all your feeble excuses

It's that time of year when Easter excesses need burning off and Operation Beach Body is about to start.

But what happens when you're too tired and unmotivated to contemplate lacing up your trainers? Here are my solutions to the biggest exercise barriers.

#### ■ Lack of time

The truth is, we make time for the things we value. No doubt you found time to watch telly, have a bath or do some online shopping last week, so you probably are in a position to carve out 30 minutes for exercise a couple of times a week.

#### ■ Too tired

It may seem like a huge effort to don trainers and head to the gym or tarmac instead of the sofa but after the initial tough few minutes, exercise will help to wake you up and increase energy levels. Try to schedule your exercise sessions into your most energetic time of day – or your least lethargic.

#### ■ I don't like it

There are many different ways to exercise so it's unlikely you'll dislike them all. If you currently associate exercise with endless stints on the treadmill, think again: from pole dancing to CrossFit; Zumba to Tough Mudder, there really is something for everyone on Planet Fitness.

#### ■ I can't afford it

Gyms and health club memberships are getting cheaper – many clubs offer pay-as-you-go membership nowadays, while off-peak memberships offer huge discounts. You can always just go for a run for free.

#### ■ I don't know what to do

This is really no excuse with the amount of safe, effective fitness advice available online nowadays.

Whether you're looking to achieve the physique of a bouncer or bikini babe, online content is easy to find and decent.

#### ■ It never works

For exercise to make you fitter and

slimmer, it takes time. If you give it a week and go flat out, all that will happen is that you'll end up tired and sore.

Giving it a few weeks, however, and eating well during that time will mean you see results.

#### ■ I feel self-conscious

Most people feel a bit self-conscious getting sweaty in Lycra. In fact, it's more normal to feel embarrassed getting up a sweat than not to do so.

The thing to remember is you only look weird to yourself – to everyone else you just look like someone exercising.

Starting something new or unfamiliar will compound feelings of self-consciousness but that doesn't mean you shouldn't persevere.

Wearing flattering, comfy kit should help to minimise feelings of embarrassment.



No time? Too tired? Just get our there and get moving says Laura

#### ■ Working out is dull

Ah, the battle cry of the couch potato. Exercise can be as dull or entertaining as you make it.

Trying intervals and new classes, regularly updating your playlist and exercising outdoors all help to ease exercise boredom.

If you end up on a stationary bike cycling in slow-mo gazing at muted uninspiring daytime TV, you only have yourself to blame.

If you don't like your workout, change it. We're approaching the perfect time of year for you to form an office basketball team, investigate the many fabulous local river runs or even swim yourself lean and lithe at one of London's lidos.

#### ■ I've got no motivation

Motivation comes in many different forms – for some, it's investing in new workout gear or even a new MP3 player; for others it's finding a fitness buddy.

Sometimes just getting in the habit is motivation enough but you need to give this a little time to work

### EASY WINS

★ What good is science if it doesn't make things easier? Check out these three:



■ The Adidas running boost trainer (£85-£120) gives that extra bit of bounce to your run, helping you go a little further without putting in as much effort.

Go to [adidas.co.uk](http://adidas.co.uk).

■ You may recognise this ball (£74.99) from the gym – the one you see people sitting on and not really knowing what else to do with it than bounce on it like a kid.



Well, you can apparently burn up to 165 calories per hour just sat on your bum with one so get one for your desk and burn calories while you work.

Go to [officefitness.co.uk](http://officefitness.co.uk).



■ Squeeze your way to a fitter body with the TAO Wellshell 2.0 (£59).

It may not go that far, but its creators promise that the list of more than 50 isometric hand exercises, offers a simple, effective, and motivating way to enhance fitness and wellness – anywhere, anytime. Go to [tao-wellness.com](http://tao-wellness.com).

# SCI-FI exercise

Whether it's chemistry, biology or physics, science can have a huge role in fitness. Guinea pigs **Beth Allcock & Rachel Bishop** get stuck in

### ASSESSMENT

## Take a test to establish what's best

Get science-savvy with your workout plan thanks to a total body mapping tool specifically designed for Tower Bridge's Thirtysevendegrees health club and gym.

Karolin Thomas, LifeScore practitioner, outlines how the science can make its mark on your training.

#### ■ What is LifeScore?

It's a scientific test that will give you a clear understanding of your physical and biomechanical make-up to ensure you get the most out of your exercise regime and enhance your wellbeing.

In 45 minutes, a trained consultant will take you through a series of tests that will help build a picture of your general health and wellbeing to generate a LifeScore that is tailored to you.

#### ■ What does it do?

Tests include body fat and body mass measurement, posture, gait, flexibility and strength analysis, diet and hydration assessment as well as an in-depth analysis of your activity levels and lifestyle habits.

Other features include the FootPro Scan that analyses the way you stand, walk or run.



LifeScore practitioner Karolin Thomas believes the test can help with weight loss, body definition and increased core strength

### What are the most common findings?

"Fat surrounding the internal organs, poor diet – often a result of long working hours – and a high intake of processed foods."

#### ■ Who is it for?

LifeScore is not aimed at any specific group or type of person as anyone can benefit from the results and advice they receive.

#### ■ What are the benefits?

Once you have your LifeScore, the team at Thirtysevendegrees designs a bespoke fitness plan for guaranteed faster results.

Other benefits include improved body definition, weight loss, improved energy levels, increased core strength and a decrease in stress and tension.

#### ■ What are the most common findings of the test?

High levels of internal fat surrounding the organs, poor diet – often a result of long working hours – and a high intake of processed or refined foods and alcohol.

Poor posture is also a problem as many participants have desk jobs that affect their upper back and necks at work.

LifeScore is free for members of Thirtysevendegrees and £199 for non members.

**Beth Allcock**

Go to [thirtysevendegrees.co.uk](http://thirtysevendegrees.co.uk).



## ASSESSMENT

## Tackle intolerances with scan diagnosis

★ If you suffer from a persistent gippy tummy, food intolerance caused by office disputes and hefty workloads might be to blame.

Dr Gill Hart, scientific director at YorkTest Laboratories – which has developed a product to identify the source of such digestive complaints – said she had pinpointed their link to stress.

The firm's Food&DrinkScan device measures reactions to 158 foods as well as ingredients found in a variety of beverages.

"Many people will not be aware 90% of serotonin, the brain's happy hormone, is produced in the gut and that nervous tissue in our gut does much more than handling digestion – it is heavily involved in influencing our mental state," said Dr Hart.

"Research has shown stress and anxiety are frequently associated with gastrointestinal inflammation – a common symptom of food intolerance."

"By tackling unidentified food intolerances not only physical symptoms benefit, but mental health can also show significant improvement."

The scan, which costs £299 includes two telephone consultations with a registered nutritional therapist, help on how to incorporate recommended diet changes and a 12-week food diary with tips on how to keep track of lifestyle tweaks.

**BA**  
Go to [yorktest.com](http://yorktest.com).

## GEAR

## High-tech fabrics to exercise hard in

★ Bring techie threads into your workout wardrobe with help from Sweaty Betty.

■ The Compression 5K Run Capris, £70, pictured, have been engineered to support muscles with the aim of improving circulation and recovery rates after an intense session.

The quick-drying material also guides sweat away from the body, so you're guaranteed a cool run.

■ Team them with Sweaty Betty's compression socks, £25, to tackle sticky foot syndrome. They are breathable, quick drying and wick sweat away.

The ultra-technical focus also helps prevent pain courtesy of added arch support and an anti-blisters heel. They feature the same muscle compression technology used in the running tights.

Visit the brand's stores in Jubilee Place and Cabot Place for more information.

**BA**  
Go to [sweatybetty.com](http://sweatybetty.com).  
Sci-Fi Fashion / Page 65

**90%**  
Of your serotonin is made in your body's gut

# Harnessing rhythm to work that body harder

## CLASS

Psycle's musical element is based on studies that show the benefits of beats

**Rachel Bishop**  
@wharf.co.uk

**S**pinning is an intense exercise routine, designed for those who want to get ultra-fit, and likely to put off those who prefer a more laid-back approach.

Psycle is the compromise as the injection of music helps distract participants from the 45 minutes marathon.

Former Fitness First managing director Colin Wagget, who came up with the idea for Psycle, teamed up with health experts, including former Olympic triathlete Tim Weeks, to devise and choreograph the exercises.

The science behind Psycle is simple – combining music and rhythm helps you go faster because it's more enjoyable that way – but how does it actually work?

Colin said: "Research shows music has the ability to change your state of mind in an instant – so with the right soundtrack you get into a frame of mind where you work harder than you thought possible."

"We take this to the next level at Psycle by focusing nearly all the movements, choreography and pedal speeds on the music so there is no option other than to let the music take over."

"It's much easier, and more enjoyable, to push yourself further by keeping in time with the music."

"A Psycle class combines high intensity interval training, which helps raise the metabolism and therefore increases overall calorie burn, with aspects of strengthening and conditioning for good posture and a strong core."

Go to [psyclelondon.com](http://psyclelondon.com).



Spinners enjoy the exercise benefits of working out to music

## REVIEW Psycle

★ AD, our instructor for the evening at a session near Oxford Circus, bounded into the room and burst into dance as soon as he got the music going.

As the lights dimmed, and the music pumped from the speakers, I perched upon my bike feeling as if I'd been transported to an underground rave.

Interjections of ballet and a five minute "meditation" were welcome during the 45 minutes of "dancing

on a bike," but the exercises and music made it so fun I was able to overcome the hurdles.

It wasn't a walk in the park (obviously) and at times the exercises were hard.

However, the moment built by AD and the music pushed me on through persuasion rather than coercion.

The classes are pricy at £20 a pop (cheaper packages are available), but you do get your money's worth.

## Our verdict

Pricy but pumped with action  
★★★★☆

## ASSESSMENT

# How a DNA test can be of assistance

**O**ut of the laboratory and into the gym, the science of genetics is playing its part.

It's all thanks to a rather straightforward, two-part Genotype and Diet test dubbed DNA Fit. All that's required is a couple of swabs from the inside of your cheek. Then wait three weeks and the results drop into your inbox.

I took the test at Reebok Sports Club and met with head of personal training Ulisses, pictured, to assess the results.

## ■ Diet

The test suggested a low carbohydrate diet would suit me best as I am highly sensitive to this food group. I also found out I'm lactose tolerant, am not really at risk of becoming a Celiac and have a medium sensitivity to fat.

Ulisses said: "The test indicates if you eat a lot of carbs, you might feel bloated. It doesn't work for your DNA."

"Try eating complex carbs not simple carbs – they would be things like sweet potatoes or brown rice that the body absorbs a lot more slowly. This should help you avoid an insulin spike."



## ■ Genotype report

The test suggested I'm built to excel at endurance activities and should have a fast recovery rate.

Genetically I also have a very high risk of sports-related soft tissue injury and should probably only train at medium levels.

Ulisses said: "For you, I would be recommending low or medium intensity if I was your trainer."

"With a medium plan, you can vary it. If you need to decrease you can or increase to push yourself. I would look at classes that would benefit you and write a training programme incorporating weights."

The test is available at Reebok Sports Club for £265.

**BA**  
Go to [reebokclub.co.uk](http://reebokclub.co.uk), [dnafit.com](http://dnafit.com) or [ulissesworld.com](http://ulissesworld.com).

## SCIENCE APPLIANCES

★ Get the most out of your workout with these top line gadgets from johnlewis.com designed to help you make the most of your exercise.

■ The Motorola MotoACTV Fitness Tracker and Music Player (£250) is a clever device that not only tracks your running and cycling both inside and out of the gym but can also pinpoint what songs motivate you and add that extra boost to your workout.



■ Add some style to you activity-tracking with shades of topaz and champagne adding the glam factor to the wireless, wearable scientific Misfit Shine (£99.95).

But the aluminium gadget isn't all about looks, instead offering the ability to track daily activity levels and goals, clocking up the amount of calories burned and putting sleep habits under the spotlight before syncing the results with the Misfit app.



■ Take the guesswork out of distance running with the Garmin Forerunner 10 GPS Running Watch (£99.99) – a zingy piece that uses a sat-nav to establish your position and measure how far you've gone.

Specific speed can also be identified and an in-built Virtual Pacer option can match your current efforts with those required to meet your target.





# Travel

## Now is the time to see tombs of pharaohs

### EGYPT

Cruising the Nile will never be cheaper or less busy, writes **Stephanie Maskery**

**T**he tomb is eerily silent. It's the kind of silence that deafens and makes you take a humble look at your surroundings.

Above my head, intricately carved hieroglyphs – still as bright as the day they were painted more than 3,000 years ago – depict King Ramses VI's ascension to heaven.

Beside me, a large granite tomb lies split open. Its precious contents stolen long ago, like most of the Pharaohs' tombs in the Valley of the Kings.

Emerging from the cool stillness of the chamber, my eyes adjust to the brightness of the sun. I expect to be bombarded by gaggles of tourists – after all, this is one of the top sights in Egypt – but I'm standing alone. In fact, there are only a handful of visitors today.

Egypt has been on my must-see list since I was a little girl – I lusted for a cruise down the Nile. But the idea of long queues and a river teeming with hundreds of boats has always put me off.

However, since the Arab Spring in 2010, tourism in Egypt has taken a massive hit and, with the country's future still uncertain, many tourists head for safer locations.

So if you want to experience the sights without the crowds, now is the time to go.

### FACTFILE

■ **Stephanie was a guest of Bales Worldwide (bales-worldwide.com) which offers a four-night cruise on the Sanctuary Sun Boat IV from £1,395pp including international and internal flights, transfers, accommodation, meals and sightseeing.**

I've signed myself up to a four-night Nile cruise with Bales Worldwide, taking in some of the ancient wonders from Luxor to Aswan.

The Valley of the Kings, just a few miles from the former, was the final resting place for powers such as Ramses The Great and Tutankhamen. Sixty-two known tombs belonging to pharaohs from the 16th century BC can be found here.

A short drive but a world away from this hive of tombs is the Mortuary temple of Hatshepsut, Egypt's only female Pharaoh.

Backed by limestone cliffs, this extraordinary monument looks almost modern with clean lines cut out of the rock. It resembles something from the '20s rather than a monument created over 3,000 years ago.

Taking in the majestic view, I can't help but notice the guards armed with automatic rifles.

Reading the reports on the news, it's no wonder people are cautious about travelling to Egypt, but the Home Office has lifted restrictions on the southern parts of the country and the guards feel reassuring rather than threatening.

After a day of sightseeing, staff aboard the Sanctuary Sun Boat IV await us with smiles and fresh lime juice. This beautiful and stylish boat is one of the best on the river and its 40 art deco inspired cabins boast floor-to-ceiling windows that show off the splendour of the Nile.

Before the revolution, 300 ships crowded these waterways but now only 13 are currently in operation – and even these are not nearly at full capacity. Our boat has just 28 passengers on board, so we're well looked after by the 52 staff.

The boat begins to shudder – we're now officially cruising along the Nile. We drift past fishermen in small boats casting their nets into the blue waters as egrets wade along the shoreline.

On the banks, men in traditional dress escort hay-laden donkeys through sand dunes.

It seems like a world that has changed little in the last thousand years. Children wave to us as we glide past – we're the only visible boat on



You'll see a few other boats on the Nile, above, but tourism has taken a big hit following the Arab Spring. Below, the temple of Philae near Aswan, left, and the Mortuary Temple of Hatshepsut, right



the water. In the morning, we're up early to visit the temple of the cow goddess Hathor at Dendera, located in one of the poorest regions in Egypt, where the pace of life seems a tad slower than in bustling Luxor.

Nevertheless, it is one of the most beautiful and intriguing temples in Egypt. I feel like Indiana Jones as I scramble on the roof and through the catacombs.

As dusk draws in, we head to Kom

Ombo, dedicated to the crocodile-headed god Sobek.

The site once teemed with scaly reptiles, and gigantic mummified crocs are on display in the adjoining museum. Luckily, there are no living ones in this section of the Nile anymore, leaving me free to wander through the dramatically flood-lit columns in peace.

From enjoying the grandeur of the Saharan Dunes to feeling minute in

Karnak's towering hypostyle hall, a four-day Nile trip is still one of the greatest cruise journeys in the world.

Empires have come and gone, as have modern regimes, but these temples have stood for thousands of years.

Once all the commotion in modern Egypt has died down, they will still be here. But there may not be a quieter, cheaper and more interesting time to visit them than right now.

PA / STEPHANIE MASKERY



# Fashion

## white COATS

★ Mad scientist or hipster, a white jacket's a must for a pseudo scientific look



**BLUE HARBOUR**  
Fine striped jacket, £119  
marksandspencer.com



**M&S**  
Coat, £119, Bomber £175,  
Trousers, £119  
marksandspencer.com



**ASOS**  
Tall double breasted mac, £70  
asos.com

This dress claims to apply scientific theory to keep its wearer cool

**L**et's face it, a flustered dash to the office complete with the tomato-red face and stickiness following a humid commute on the Tube isn't exactly the best look.

But does London-based scientific fashion brand HotSquash have the answer?

Its CoolFresh Collection of tops, dresses, jerseys and T-shirts promises a sweat-free transition from public transport to office desk no matter how frantic.

Owners Jenny King and Darren Sidnick believe the success of their firm's warm-weather range is due to the hidden power of science in its products.

They said: "There are fantastic performance items for sport and travelling but what we put on every day to commute, work from home

### How do CoolFresh garments work?

"Multi-channel fibres keep you cool, while the hollow core fibres react to your body's temperature to take the chill off. The aim is to keep you comfortable."

or go on the school run seemed to be falling behind.

"The CoolFresh fabric is a combination of multi-channel and hollow fibres. The former keep you cool, while the hollow core fibres react to your body's temperature to take the chill off. The aim is to keep you at a comfortable temperature no matter what you do."

# absolute zero



### REVIEW

**HotSquash V Cross Over Maxi Dress**

£95, [hotsquash.com](http://hotsquash.com)

The scenario for my science-meets-fashion encounter was perfect.

My friend and I dashed down the escalators at Canary Wharf Tube station, following a particularly stress-filled encounter involving an Oyster card, recalcitrant terminal and unhelpful attendant.

All this meant we were running dangerously close to our dinner reservation in the City and stress levels were high. On top we were crammed into a carriage at summer temperatures.

But throughout, I remained stylishly cool. Sure, the maxi length was a little tricky going down the stairs, but even when covered up with a chunky coat and squeezed against a doorhandle, it remained sleek, elegant and fresh.

Inside the plush restaurant it kept my body at a comfortable temperature and although I donned a cardigan for dessert, the dress continued to work its magic. Perfect for office to dinner flits.

**Beth Allcock**

### Our verdict

A valiant effort at temperature regulation

★★★★☆



Drape and twist top, £55

With the brand's first fibres unveiled to the public in December 2010, CoolFresh runs alongside the brand's ThinHeat collection, designed to keep wearers warm through the winter months.

It's in the chilliest of seasons where the idea for Jenny and Darren's business began but, this season, it's all about the summer statement print.

With all garments made in factories in the East End – where the latter's grandfather once worked as a tailor – a cooler commute remains an entirely London affair.

The duo said: "We have just launched our new prints range and these are flying off the online shelves."

"The maxi dress is also a great summer seller for us so the flowery maxi is doing great as well."

"It's targeted at 30-plus women who have busy lives. The great thing about our clothes is they wash well, keep you cool, and require little or no ironing."

"And we'd love to add a men's range. We know the guys get sticky on their commute too."

**Beth Allcock**

Go to [hotsquash.com](http://hotsquash.com).

## chic GEEKS

★ Please your inner nerd with this collection of technologically advanced fripperies.



**THE GIFT OASIS**

Laboratory Shot Glasses, £16.95  
[thegiftoasis.com](http://thegiftoasis.com)



**OLIVER GOLDSMITH**

Sunglasses, £275  
[olivergoldsmith.com](http://olivergoldsmith.com)



**T-SHIRT STORE**

Universe vs you T-shirt, £30  
[tshirtstoreonline.com](http://tshirtstoreonline.com)



**THE GIFT OASIS**

Human organ lunch bag, £9.99  
[thegiftoasis.com](http://thegiftoasis.com)



# Business

## Stitching together suitable deal

### FASHION

**E**ast End tailors are taking their expert skills overseas to help spark a Savile Row-inspired industry in the Philippines.

A stylish partnership has been forged between Newham College's fashion and training department and Slim's Fashion and Arts School, based in the south east Asian country's capital city, Manila.

More than 40 former students are now stitching and seaming in the Mayfair enclave bringing the college to the attention of cultural organisation the British Council.

After the council heaped high praise on the Newham team's work within the London tailoring industry Slim's staff met with lecturer and tailor Victoria Townsend.

She said: "The Philippines



doesn't have a significant bespoke menswear industry at present but there is strong demand for handcrafted clothes.

"Our courses, adapted for the school, could start an industry that in years from now could be a Savile Row for the country and the region."

Victoria has put together a series

of 24-week pilot classes for the school, which also includes teacher training proposals and ideas for sourcing materials and equipment.

A Newham lecturer will then take up a temporary base to help run the sessions at the Philippines hub, which already has a glowing reputation for its women's couture designs created for high society.

Chris Hall, fashion and tailoring training manager at Newham College, said: "A leading fashion designer from the Far East came to Britain because of our world-wide reputation for bespoke menswear tailoring.

"There's a lot of potential with this collaboration. It would be wonderful to see a course set up and an industry grow in Manila inspired in part by Newham College."

**Beth Allcock**



Lecturer Victoria Townsend has been working with Filipino tailors, left

## I put family time at the heart of my fashion firm

### FASHION

Direct sales approach allows team of global stylists to fit work around their family

**Beth.Allcock**  
@wharf.co.uk

**W**e want women to have fun, feel bold, empowered and joyful while they build a thriving, profitable business," said entrepreneur Jessica Herrin, while discussing her company, Stella & Dot.

The American founded her direct-sales jewellery brand in 2004 before launching its debut collection on these shores in autumn 2011 – sold by the brand's loyal band of stylists.

It is these women dotted across the globe who are the substance behind the social commerce sparkle of Stella & Dot.

Many are mums who have traded in high-powered careers in London in return for a full-time role as a seller, or juggle their new title and jewellery Trunk Shows with a perhaps less stylish nine-to-five.

And the flexible way of working

has become more and more popular, with the sociable shopping experience spreading across the capital.

Talking of Stella & Dot's mission statement, Jessica said: "Time is our most precious commodity.

"My goal was to create a company that fulfils three missions – to allow women to thrive as entrepreneurs; to provide a career that allows time for family and balance; and provide a service and product that women really need.

"Everyone wants to look good and nobody can deny the importance of feeling good about ourselves."

Stylists opt for a start-up kit of sample pieces before revealing the array of gems at organised selling nights such as Trunk Shows, events or parties with the flexibility to work as much or little as they like.

That's not to mention up to 30 per cent commission when selling core products, or a half-price discount on new season samples.

It's this "fun shopping format" that Jessica hopes showcases the quality jewellery tailored to trendsetters, as well as the business' focus on personalised service.

London-based Kathryn Hill switched from a marketing director for the candy-coloured cosmetics of Maybelline at L'Oreal to heading up an international team of 30 French and 20 UK-based Stella & Dot stylists.



Mum-of-two says she wants women to become entrepreneurs

The mum-of-two said: "It brings me things I cherish.

"I get to meet loads of fabulous women at Trunk Shows as well as running a business and having my own thing outside family life and the kids.

"And, of course, there's enjoying some guilt-free clothes purchases to pair up with all the jewellery that I own as part of my Stella & Dot collection and high heels to go with.

"For anyone looking to do something fun, earn some extra money and have

their own business – but on their terms with 100% flexibility – then I recommend for them to take a look."

Starter kits cost £169 with the option for a personal website with an additional cost.

Kits include £300 in jewellery samples, look books and order forms.

The average stylist spends £600 up front to start their business and receives extensive training, while earning between 25 and 30% commission on core products.

Go to [stelladot.co.uk](http://stelladot.co.uk)



From top, Capri tote, £85, Rory necklace £50, Corral Cay earrings £45 all from Stella & Dot



# LondonEYE



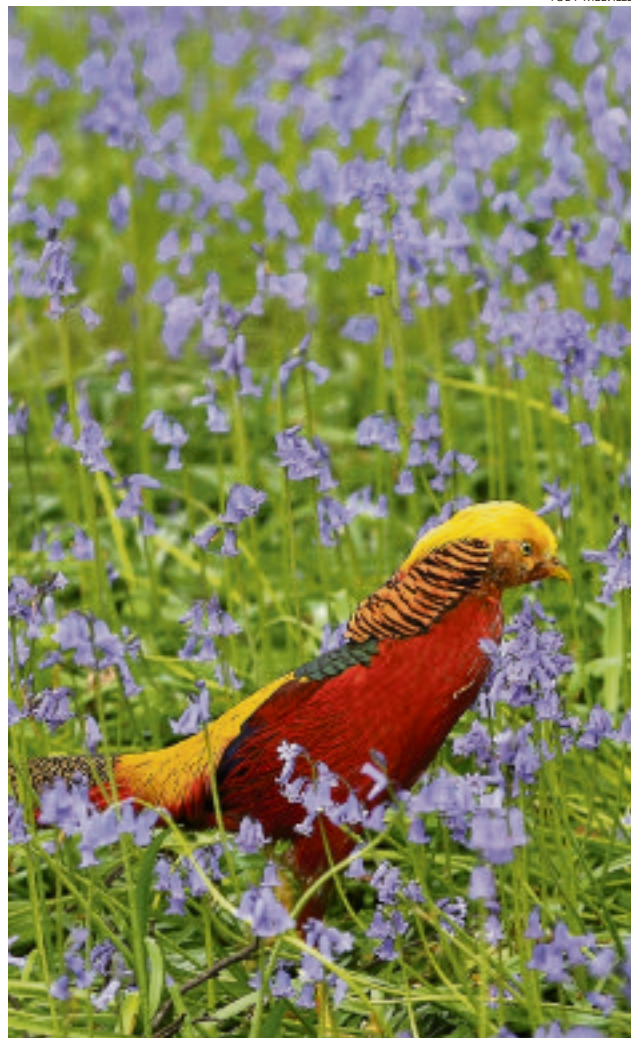
STEFAN WERMUTH



A man lies on his back as he reads a book in front of the London skyline last Thursday

TOBY MELVILLE

SUZANNE PLUNKETT



A golden pheasant walks amongst bluebells at Kew Gardens



A demonstrator dressed as a banker throws away imitation bank notes during a protest outside the Barclays AGM on the South Bank. Canary Wharf-based Barclays said its first-quarter profit fell after a "significant" drop in revenue from its investment bank's fixed-income operations, extending an industry slump across that business





# WLTm...



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## Here's how to use your dating service ...

To **place** your advert call:  
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and follow the simple instructions

To **Place** your ad by text  
Simply text **REG** followed by your first name, date of birth, area and your advert (max 155 characters) and send to **80098 FREE** (Standard Network rates apply)

To **Reply** to members from your landline call:  
**0906 500 3729**

calls cost £1.53 per min  
Have the adverts 6-digit box no written down and do **key-it-in promptly** when asked. Don't forget to leave contact details for replies.

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Or **Text.. REPLY1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098** eg: **REPLY1 123456 hi get in touch...** then send to **80098** Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message?  
**Pickup** your replies on:

**0906 500 3731**  
calls cost £1.53 per min

**PLUS** you can also listen to other members greetings on this number.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&S BELOW)

### Women seeking men

**REMEMBER:** Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

**33YR** old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy night's in and fun night's out. Tel No: 0906 500 3729 Box No: 411887

**RITA** divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy night's in, seeking male 45-55 with GSOH and similar interests. Tel No: 0906 500 3729 Box No: 411775

**ANNA**, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

**FEMALE** seeking kind, caring gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411751

**MELANIE** tall curvy attractive bubbly female who loves meals out, cosy night's in with a nice wine, walking, seeks professional male with outgoing GSOH. Tel No: 0906 500 3729 Box No: 411509

**CHRISTINA**, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box 410127

**60'S** slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. Tel No: 0906 500 3729 Box No: 411813

**SONYA** tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

**SARAH**, married lady seeks discreet no strings fun with gent. ACA. Tel No: 0905 002 1959 Box 408291

**CARRIE** 29yr old fun loving attractive single mum with OHAC, likes night's in or out, music, WLTm similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 411215

**DEBS** very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

**SAM**, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1947 Box 408297

**SUE** 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! Discretion assured. Tel No: 0906 500 3729 Box No: 411205

**JOANNE** 36yr old single self-conscious mum, likes pubs, clubs, night's in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

**LEANNE** young curvy single female looking for smoking hot single guy to enjoy night's in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

**SUSAN** 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

**JANE** pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

**SUE** optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

**CATHY** very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

**JOSEPHINE** pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

**CHINESE** female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

**SANDY** 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

**FEMALE** slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

**DIANE** late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

**LAURA** happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

**KATIE** 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

**JEWISH** widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

**DAWN** 38 dark hair/eyed medium built busty female who loves night's in/out, WLTm fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

**TERRI** 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

**KAREN** very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

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**FREE** (Standard Network rates apply)

**ANNE** happy go lucky lady who loves wining/dining, affectionate, honest, sincere and down to earth, looking for similar qualities in companion, if that's you pls call. Tel No: 0906 500 3729 Box No: 410291

**SHARON** young single mum slim, blue eyes, attractive, likes night's in/out, WLTm kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

**LUCY** Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

**EASY** going cuddly black lady, likes music, animals, seeks friendship, maybe more with nice male in 60's. Tel No: 0906 500 3729 Box No: 410451

**FEMALE** 62, widow, seeks male, 62-72, likes travel, tv, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 410021

**SINCERE** lady, 46, single mum, looking for black/mixed race male of similar age. S London area. Tel No: 0906 500 3729 Box No: 409927

**CATHY** happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409909

**63YR** old slim blonde, seeks gent 55-70 for happiness, holidays and meals out. Tel No: 0906 500 3729 Box No: 410017

**VANESSA** 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc. WLTm my very special Mr Right. Tel No: 0906 500 3729 Box No: 409899

**MARIE** slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409707

**CLAIRE** young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for night's in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

**YOUNG** 60 blonde, seeking male, 55-70 who I can have fun, laugh with, holidays and days out, who knows. Tel No: 0906 500 3729 Box No: 410181

**59YR** old female, looking for gent, 60-65 interested in night out, theatre, dancing and night's in. Tel No: 0906 500 3729 Box No: 410067

**ATTRACTIVE** cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409699

**CAROLYN** friendly, caring, creative, likes meals out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409685

**EASY** going female, 50, 5ft 6ins, N/S, likes walks, meals out, night's in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409681

**DOWN** to earth female, good heart, attractive, fair hair, green eyes, 5ft 7ins, good personality, likes a good time, seeks male. Tel No: 0906 500 3729 Box No: 409657

**SANDY** 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

**52YR** old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

**CARING** lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409463

**SHIRL** 69, true romantic, seeks clean-shaven, N/S, romantic male for cosy night's in and travelling. Tel No: 0906 500 3729 Box No: 409459

**ANGIE** 32 curvy size 16, very attractive good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409255

### Men seeking women

**REMEMBER:** Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&S BELOW)

**LONELY** male 47, likes cinema, walks, cooking & football with genuine lady 40-55 approx for a date. Text Only Mailbox Box No: 4381906

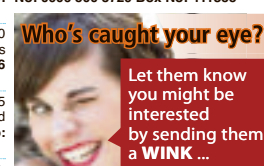
**MATTHEW** 54, seeking lady for no strings fun and laughs. Tel No: 0906 500 3729 Box No: 411981

**45YR** old male, seeking female for no strings fun times. Tel No: 0906 500 3729 Box No: 411963

**SEEKING** invisibles. 52yr old N/S male, seeking invisible lady, 50-60 plus who feel that men have seized to notice you. petite/slim-medium build up to 5ft 8ins tall. Tel No: 0906 500 3729 Box No: 411953

**TALL** black, single, childless male, seeks slim, size 4-8 female for fun and friendship. Tel No: 0906 500 3729 Box No: 411915

**TALL** smart, caring male, GSOH, fun loving, outgoing, energetic, seeking 65 plus mature woman for fun and friendship. Tel No: 0906 500 3729 Box No: 411855



**Simply Text:** WINK1 - Advert box no\* Then send to 80098

\*EG send WINK 123456 to 80098 80098 costs £1.50 per SMS sent. To STOP text stop to 80098. Service provided by JMedia UK Ltd, SW4 7BX. Need Help? Call 0844 800 1188

**ASIAN** gent 49, professional, GSOH, varied interests, seeks female, 25-49 for genuine friendship. Nationality unimportant. ACA. Tel No: 0906 500 3729 Box No: 411799

**36YR** old male, seeking female for no strings fun. Tel No: 0906 500 3729 Box No: 411759

**LLOYD** 50, black, looking for female, 45-55 black/white, likes dining out and cinema. Tel No: 0906 500 3729 Box No: 411709

**6FT** 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

**WARM** hearted honest, kind Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 411617

**UPSTANDING** black gent, living by the code of born again Christian, 5ft 9ins, average build, seeking Christian female to socialise and possibly more. Tel No: 0906 500 3729 Box No: 411591

**5FT** 11ins male, average build, likes most things, outdoors, cinema, meals out, holidays, seeks positive female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411665

**65YR** old widower, N/S, likes animals, sports, walks, country pubs, seeks lady of any age, chat, friendship, whatever. Tel No: 0906 500 3729 Box No: 411555

**JASON** likes meals in/out, looking for female, 35-45 for friendship/relationship. Tel No: 0906 500 3729 Box No: 411611

**36YR** old male, brown hair, blue eyes, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411493

**EASY** going, friendly, consistent, tall, white male, 40's, seeks easy going female, 35-55 for relationship. Tel No: 0906 500 3729 Box No: 411421

**NICK** 54, Londoner, outgoing, fun loving, honest, sincere, many interests, seeking likeminded lady to share the good things in life, possible LTR. Tel No: 0906 500 3729 Box No: 411319

**MICHAEL** black male, medium build, 50, kind, caring, easy going, seeks female for LTR. Tel No: 0906 500 3729 Box No: 410759



**GENUINE** reliable, traditional, sociable, N/S male, 69, WLTm positive, warm hearted, slim, loyal female for friendship, leading to relationship. 0906 500 3729 Box No: 411543

**BUILDER** 44, tall, attractive, GSOH, considerate, easy going, seeks female. 0906 500 3729 Box No: 411497

**NICHOLAS** 70 fit, seeking female, 55-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410945

**62YR** old male, WLTm lady 60-74 for friendship and outings. Tel No: 0906 500 3729 Box No: 410937

**BLACK** male, bubbly, WLTm buxom, plus size, voluptuous white female for friendship, maybe LTR. Tel No: 0906 500 3729 Box No: 410913

**BRIAN** 51, 5ft 9ins, medium build, attractive, likes meals out, cinema, long walks, easy going, GSOH, seeks attractive female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 410901

**TED** divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410795

**BUILDER** 44, tall, attractive, GSOH, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410919

**LOVING** male, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 410771

### Men seeking men

**CHINESE** male, 66, WLTm similar aged male, preferably Christian. Tel No: 0906 500 3729 Box No: 411277

**GOOD** looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

**WHITE** male, 62, medium build, own apartment, clean living, seeks clean-shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

**JEFF** 60, slim, seeking discreet fun with gay/bi male. Can accom. Tel No: 0906 500 3729 Box No: 408323

## Friends

**FEMALE** seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

### Adult Interests

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# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro

### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Don't let differences turn you to petty bickering and childishness. You are better than that my friend. New faces in your social life make your heart soar.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You're allowing close ones to tell you what to think and feel and you would be far better to take a step back and make your own decisions for yourself.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

I finally see you thinking of yourself instead of everyone else. You've found it really difficult to admit what makes you happy this year. Be honest.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

A bad penny always turns up and this week you get to find out who was responsible for all of the trouble which has made things difficult lately.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

All great things in the world start small. Standing still for a moment can help you work out which path leads to the escalator instead of the stairs.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You've been through some dark times I know, but I also see you've come out the other side. Count the blessings in your life and you'll see you have many.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

You've been laying the foundations for great things and, even though you experience some setbacks this week, you also get to learn lessons.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

It's time you told certain people in your life a few home truths before you end up giving them the impression you agree to things you don't want.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

There's a kinder air to the stars today, where close ones will be more willing to say sorry for the things they've done wrong. Talk through your problems.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Stop trying to rush through life and start at the beginning again. By working out what you want as a base, you can build from there.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Gossip is dangerous today, so be careful of passing on information that has come from an unreliable source. Let other people talk for themselves, Sagittarius.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Teaching and education come to the fore and if you were thinking of studying something or pushing the boundaries then now is the time to do it, Capricorn.

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## Dinner and a Movie



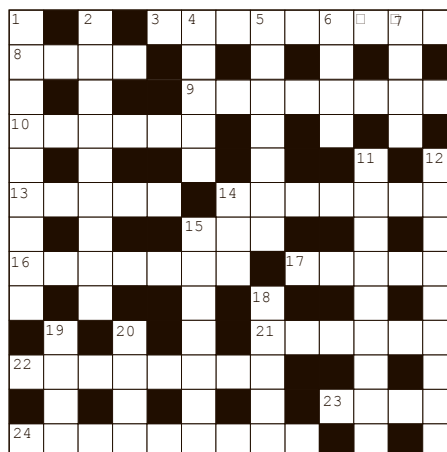
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name of

the character, pictured here, whose classic jungle-based story gets an animated reboot and is released this week.

Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is May 8. Include your name and postal address.



## Crossword



### ACROSS

3. Reject or refuse (5,4)
8. Soon (4)
9. Stationery item (8)
10. Cause to remember (6)
13. Fight with swords (5)
14. Male sibling (7)
15. Purchase (3)
16. V-shaped stripe (7)
17. Foe (5)
21. Respiratory condition (6)
22. Perforated pan (8)
23. Weblog, in short (4)
24. Difficult job or task (4,5)

### DOWN

1. Symbolic offering to a god (9)
2. Starts (9)
4. Requires (5)
5. Soldiers on horseback (7)
6. Hairless (4)
7. Football trophies (4)
11. Doorsill (9)
12. Noisy quarreling (4-5)
14. Hairstyle (3)
15. Lodger (7)
18. Slice meat (5)
19. Roman gown (4)
20. Vestibule (4)

ACROSS: 3. Knock back; 8. Anon; 9. Envelope; 10. Remind; 13. Fence; 14. Brother; 15. Buy; 16. Chevron; 17. Enemy; 21. Asthma; 22. Colander; 23. Blog; 24. Tall order. DOWN: 1. Sacrifice; 2. Commences; 4. Needs; 5. Cavalry; 6. Bald; 7. Cups; 11. Threshold; 12. Rhy-bargy; 14. Bun; 15. Boarder; 18. Carver; 19. Toga; 20. Hall.

## Sudoku

### EASY

	8		4	1		2	5	3
7		2				9	6	4
5		3	9			7		
8		1		4	3		2	9
4			1	9	2	5	3	
3	2	9			5		1	6
1	7	4	5			6	8	
2	9	5	8			3	4	7
6	3	8	2		4			

### HARD

4				1				
9				7				
6		7	4	3				5
				6	4	5		
	1		9			2		
		9			6			
7								
	8			5	2		7	
2		5		4				

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net). For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP



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GETTY



Irons fans call for Sam Allardyce, below, to leave the club



## Big Sam needs a win to stay on

### WEST HAM

PRESSURE is mounting on West Ham boss Sam Allardyce despite the club being on course to survive relegation.

A number of results would have to go against the Hammers if they were to suffer the drop but that has not stopped fans calling for the head of the manager.

His cause was not helped by co-owner David Sullivan refusing to comment on Allardyce's future.

Speculation is rife that West Ham will need a win in one of their

remaining games – Tottenham at home or Manchester City away – for the manager to survive.

They will have to reverse a difficult run, however, that has eclipsed the team's fabulous February.

After the weekend's defeat to West Brom, Winston Reid admitted the side's form has been poor.

"We just can't really score goals at the moment and we are conceding so it is not really the best," said the defender.

"We have to start putting away our chances. That is two games where we

haven't scored now, while we also should have done better with West Brom's goal. All in all we are not really hitting our best form.

"At least we are creating our chances, but we are not finishing them off.

"We haven't really been talking about relegation to be honest, we have just been concentrating on trying to get more points and pushing ourselves up the table.

"But we have lost four games in a row and it has not come at a good time."

West Ham v Tottenham, Sat, 12.45pm

## Riga keeps Addicks safe but will he go?

### CHARLTON

Belgian cagey about his future after fulfilling his first task at The Valley

Rob Virtue  
@wharf.co.uk

**T**he Addicks' head coach Jose Riga guided his club to safety with victory over Watford on Tuesday but afterwards said he was still unsure if he would be at The Valley next season.

The Belgian joined the club in March as a replacement for Chris Powell and has won over the home fans with a series of important wins.

However, his contract was only until the end of the current campaign and when questioned on if his future would be at Charlton he said it was undecided.

"I just want to enjoy the present," he said. "In the future I have to discuss it. We don't have any appointment yet."

"If you ask me if I enjoy the competition here, if I enjoy the players, the staff, the fans, the media, then yes I feel good."

"In the past when I have been in charge of a club I've stayed longer than one year but it depends on the situation."

"For me I was never thinking about

GETTY



Jose Riga congratulates Diego Poyet after Charlton's victory against Watford, which sees them safely in the Championship for another season

the future because then you miss the present. I've done my job and it's enough to be happy and then we will think about the future."

Riga praised Callum Harriott after the game. The winger fired home two goals in the 3-1 win, with captain Johnnie Jackson grabbing the other.

The manager said 20-year-old Harriott has a bright future.

He said: "Callum has a lot of qualities;

he's fast, he has pace, he learns, he works hard but sometimes he just needs to control his emotions.

"But he has learnt a lot in the last two months because when you play a game every three days for a young player you can learn more."

"Sometimes he makes wrong choices but he wants to learn. Today he deserves it and I'm happy for him."

Blackpool v Charlton, Sat, 12.15pm.

## Crumbling at the finish

### RUGBY

BLACKHEATH stayed with Doncaster Knights for an hour of this clash before falling apart towards the end of the match.

The visitors to Rectory Field won 38-20 to seal their title and return to the Championship.

Joe Hardy, Dave Allen and Rhys Crane scored the Londoners' tries. Afterwards, Blackheath director of rugby Simon Legg said: "Congratula-



Rhys Crane carries for the south Londoners

tions to Doncaster, they deserve the title.

"For us the hard work starts now and over the summer to build for next term."

## THE FANS' ROAR

By Ian Toal

We must win final game to ensure safety

### Millwall Supporters Club

millwallsupportersclub.co.uk

**T**he injury time equaliser by full-back Scott Malone at Loftus Road on Saturday, along with the couple of late goals conceded by relegation rivals Doncaster Rovers, has kept our fate in our own hands.

Our late equaliser, which had a lot to do with QPR's ex-England keeper Robert Green having another nightmare moment, could prove vital come this Saturday. With that mistake by Green I can finally forgive him for his similar mess-up against the USA in the 2010 World Cup for handball.

A draw was a good point that had looked unlikely thanks to the 78th minute penalty conceded by substitute striker Simeon Jackson for handball.

Our meagre away ticket-allocation at Loftus Road went in just a few hours. With the ticket website going down during the sales and the phone lines jammed, many of our regular away supporters could not get hold of a ticket and had to settle for watching the match on a beam-back at The Den.

So celebrations were replicated in SE16 by the Millwall supporters watching on the screens.

Hopefully we will get a massive crowd at The Den this Saturday for the 12.15pm kick off as we still have to win to be certain of staying up.

We never wanted it to go to the last match, as wins either against Doncaster or QPR in our last two matches would have been enough.

Saying that, a month ago I, along with the majority of Millwall supporters, had written us off after back-to-back poor home results, defeat against Birmingham and a 2-2 draw to Blackburn.

Our opponents on Saturday are Bournemouth who thankfully cannot now make the play-offs, but I doubt they will just roll over and die.

Former Millwall striker Lewis Grabban is the Cherries' top scorer this season and has turned into a dangerous player worth a lot of money, a polar opposite to his time at Millwall.

We need to keep close tabs on him but our desire to win this game really should be enough to overcome Bournemouth. Millwall v Bournemouth, Sat, 12.15pm.

## the Wharf LEAGUE

### RESULTS

#### DIVISION ONE

M3SSI is Back	6
Cavendish Allstars ●	12
Athletic Pasty	10
Landas Pandas	0
Not So Athletic	4
Camden Pathway FC	9
PCFC	12
Salmon FC	10

#### DIVISION TWO

Abou	3
Mile End Utd ●	5
LA Gradaxy	0
Exeter Gently	10
Bayer Neverlusen	6
Reggae Allstars	8
Rusty Trumpet FC	6
Allstars	12

#### DIVISION THREE

FC Hangover	8
Efan Ekoku's Elite ●	14
Lads On Toure	0
Centrepont	10
FC Poor Toe	11
ISS Tigers	16
Newport Dodgers	8
OLU FC	4

Last games on April 23.  
● = Current league leaders.  
The Wharf League is played at Powerleague in Crossharbour.  
Go to powerleague.co.uk.

## WEEKEND FLUTTER

WITH THE

RACING POST

### RACING

■ **Kingman** looks the real deal for the Qipco 2,000 Guineas and will take all the beating on Saturday.

The John Gosden trained-colt was an electric winner of the Greenham stakes on his latest start and looks to have all the credentials to succeed at the highest level. Ed Quigley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

### FOOTBALL

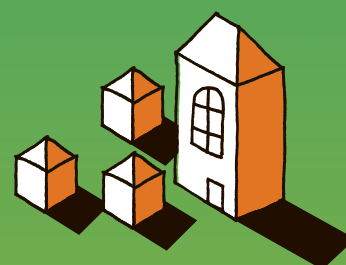
■ **Fulham** are looking capable of posting a surprise victory at Stoke this weekend.

Two wins for the Cottagers may see them to safety and they can get the first against a Potters side weakened by the loss of their defensive kingpin.

Ryan Shawcross



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